I-RECOVERY KERNEL

Dancefloor Intelligence Series.

UKUHLALISELEKA.

Incwadi yomhlalelo wezinto zokuzonwabisa kunye neendawo zokudansa.

Beka ifoni phantsi. Uyazi kakade ukuba uphela phi.

Akukho sifundo somdaniso esifunekayo.

Akukho ukukhuliswa kweendawo. Akukho izintaba ezifana neentengisi. Akukho ubuhle bendawo yezitolo okubuyiselwe kwi-MTV.

Inkqulelo. Umfanekiso we-BPM. Amanyathelo athathwe kwi-tango kunye ne-cha-cha. Kwaye umthetho omnye onokusilungisa yonke into.

Le ngxenye yeli gidi kwaye ifanele ukusetyenzwa njengoko kuboniswe. Ungayifumani kwakhona.

I-CENTURION — Imithi ayenzi ukuba ube ngumdanisi olungileyo. Imithi yenza ukuba ungakhathaliseki ukuba awukongezeleli kangangoko.

Ezinto ezimbini ezenza ukuba abantu bangancedi kwi-dancefloor, nakuba abasebenzisi lona nayipeni. Eyokuqala yile foni. Yesibini ngumthetho womntu ongafihliyo wokuba wonke omnye uyazi ukudansa, kodwa yena akwazi.

Zombini zombini zinokudlulekileyo. Ifoni inokulungiswa ngokwazi ukuba yintoni ekufuneka uyenze ngeminwe yakho. Ukwahlulelwa kunokudlulwa ngokuyiqonda ukuba abantu abaningi kwi-dancefloor benza into ezintathu kuphela, kwaye bathi le nto iyidans. Le nto ethathu, xa yenziwa ngonqulo kwaye ifane nomculo, yanele ngokwenene.

Iintsholongwana ayilungisi ukungazi indlela yokuhamba. Alungisi nto ekubeni awukhathaleli ukuba awazi indlela yokuhamba. Oku yinyaniso yezinto ezifakelweyo malunga nokuntlalo enikezwa yi-MDMA kunye nekhululekileyo eqhutyelwa ngomthandazo. Ukuziva okungenamsebenzi ekubeni intambo yokudansa ifanele ukuba yindawo yokufundisa, iya kuhlalela xa isetyenziso siyaphela kwaye ibuyele

kwindlela oyifilekileyo. Indlela ye-Recovery Kernel: nika umzimba amatholelwe angenamsebenzi ukuze ukuziva okungenamsebenzi kungabi na nto enokuphumeza.

Inkinga yobuthakathi iyenzeka kwaye ibalulekile. Kukho uhlobo oluthe ngqo lobungangamva—ukulinda phakathi kwezinto ezibalulekileyo, ukulinda amandla omkhosi ukuba akhulele, ukulinda umntu osele kwigumbi ukuba abone—apho ifoni okanye into eyayikhulisayo ibekwa njengendlela esebenziswa ngayo. Ukudansa yeyona nto enye ekusebenzayo. Ukuzibandakanya ngokwenziweyo nomculo kunomdla kakhulu kunokusebenzisa ifoni. Le miqondiso inikeza le ndlela yokuzibandakanya umgca olucwangcisiweyo.

I-RECOVERY KERNEL – UMHLALI WOKUQALISA.

SECTION 0

PHENDELELA PHAMBI KOKUDANSWA: YAZA NGENDLU.

Ukuhamba ngokuphakanyiswa · Oksijini kunye ne-CO_2 · Ukuthandaza amanzi. Umgama · Amastation okuphumla · Imigubhu.

Hamba ngengcinga phambi kokuba ungene kwigumbi.

Imizuzu emihlanu yokuqeqeshwa xa ufika iyenza ukuba uyeke iiyure zengxaki kamva. Yazi phi indlela yokufumana umoya. Yazi phi indlela yokufumana amanzi. Yazi phi ndiphi xa umzimba ufuneka into engabhengezwa ngomculo.

Iprotocolo wokufika: Qala ngokuhamba kwigumbi.

I-CENTURION — Wonke umpiloti uhlola ithanga ngaphambi kokukhulula. Wonke usokhezi uhlola amatafadi. Hamba phantsi kwevenyu.

Into yokuqala ekufuneka uyenze xa ufika kunye nayiphi na indawo yesifundo, iklabhu, okanye indawo yenkqubo kukungena, kodwa unguyi ukuya ebhari, ukufuna indlu yokudansa, okanye ukuhlola ukuba ngubani omdlala. Yintathu yokuhamba ngentswantelo emingeni yendawo. Oku kuthiwa imizuzu emihlanu. Inikeza ulwazi olungalitholakalanga okanye olunzima kakhulu ukulufumana xa indawo igcwele, xa izibane zikhazimla, kwaye xa ubume bomzimba utshintsha.

Ayilona ukukhathazwa. Yile ndlela yokuziqonda—yinto efanayo nayiphi na into oyenzayo umhambi onamava xa ufika kwihotela entsini, ipiloti ngaphambi kokuhamba, okanye umdibanisi ngaphambi kokutsiba. Qaphela indawo phambi kokuba kufuneke uyihambise ngokungakhathaleliyo.

Iindlela ezintlanu zokuqondiswa.

Phunzi.	Yintoni ofanele ukufunyanwa kwaye ukhumbule?	Ngenxa yokuba...

1. Iimbovane zokuphuma kweengqwethembileyo.	Zabalaze. Qaphela indawo yazo kwaye zikhoyo ngaphakathi kwendlu yokudansa. Kubalulekile ukuba kubekho ezimbini okanye ngakumbi ebonakalayo kumgca omkhulu wonke. Qiniseka ukuba zifakelwe i-alamu (zifakwe), nto leyo ekuthethayo ukuba ukusebenzisa zona kwimeko engongezelelwaneni akuyinto eyimfuneko—kodwa kuyabuxhasa ukwazi indawo yazo.	Kwimeko yengxaki emiphakathini—umlilo, ukuba neqala, okanye ukubambiswa—ukuhamba kwendalo kukuya kumnyango. Umnyango yindawo engenazalaselo yokuyiya. Ukwazi ezinye iindlela zokuphepha kubalulekile ukuze uphumele ngokuqinisayo kwaye ungahluli ukuzimisela.
2. Isikhungo sezempilo / isithuba lokuqala lokunceda.	Ngokuqhelekileyo, le ndawo ibekwa kufutshane nomnyango omkhulu, kufutshane negumbi lokuhlala, okanye ichazwe ngokucacileyo. Kwimicimbi enkulu, ingaba itente okanye indawo echaziwe ngokucacileyo. Kwiikhilabhini, ngokuqhelekileyo kunabasebenzi bokunakekelo lwasempilweni abathutseliweyo yi-promoter esandleni somnyango. Qaphela indawo yayo nokuba awuzimisele ukuyisebenzisa.	Ukuba kukho umntu onayo ofuna unyango oluyamaxwebeni—okanye wena—indlela eya kwisikhumulo sezempilo kwiindawo ezinkulu ayiyonto efanelekileyo ukuba uqale ukuyifumana. Fumana indlela xa indawo iyazinzile kwaye uyaphila ngendlela.
3. Ukuthanda amanzi.	Manzi yamaxesha: Izindawo e-UK zifanele ngokomthetho ukuhlinzekela ngamanzi amahhala. Iinkundla ezinkulu kakhulu zeefestivali zinezikhungo zamanzi. Yazi indawo yebha enamanzi — ikakhulukile, iyiphi ibha, hhayi nje 'ibha.' Yazi ukuba nawo nawaphezulu amanzi amahhala (ayinxenye ebanzi kwiifestivali zase-UK, kodwa ayiyona into eyayingunyango eYurophu). Yazi ubude bomgca ngamanye amaxesha lobusuku (ukuba mde ngokukhulu kakhulu emva kwentsimbi).	Nge-500ml ngelilika yeyodwa yokudansa kunye ne-electrolyte, uza kuzifaka kwiindawo zokunyisa amanzi kaninzi. Ukwazi indlela esheshayo ukusuka kwindawo oyithandayo yokudansa ukuya kumatyala amanzi kubalulekile kwaye kuba ngubungakanani obuqinisile ehora lesithathu.
4. Igumbi lokuhlamba	Iibhathini eziyimfuno kunye nayona afanelekileyo. Amaklabhu enenani lebhathini kwiindawo ezahlukeneyo—kodwa abantu abaninina basebenzisa eyodwa kuphela, nto leyo ekubangelisa ukuba enye ibathini ifumene ukusetyenziswa okuncinci. Yazi zonke. Yazi indlela yokufikelela kuzo kwiindawo ezahlukeneyo ukusuka endaweni yokuqala ukudansa, emva kokuba kukho abantu abaninina, xa indawo ifumene umthamo opheleleyo, kwaye xa imisindo ibukhali kakhulu	I-MDMA yandisa umfutiso. I-GHB ingathinta ubuhle bomva. Izinto ezikhuthazayo zandisa umfutiso. Ukwazi indawo yegumbi lokuhlamba ngaphambi kokuba ufute, kuthetha ukuba awuyiwa kwindawo emnyama enabantu abaningi uze uthinte isibonakaliso ongalufundiyo ngenxa

	kwaye kubunzima ukufumana iindlela.	yokuba uyaguquka.
5. Indawo yokuhlala / yokuphumla.	Igumbi lokuxolela, ukuba linikwe. Indawo yokutyala ngaphandle (endawo eninzi kwaye engenayo abantu kakhulu kwiindawo ezininzi). Nazo zonke izihlalo ezinzile kumigunya yendawo. Iindlebe, amatyala, iimpakethe ezikhoyo ukubonelela kwindawo yokuhlala. Iindawo ezifumana umoya omkhulu (ezikufuphi kwiimeko zomoya, ezikufuphi kwiiminyango kwezinye izithuba, ezikufuphi kumadonga angaphandle).	KwiCandelo 6 yencwadi yokufundisa ukudansa: ukudansa okunzulu ngesantya se-150 BPM kunyusa iikhalori ezi-450–600 ngehora. Umzimba uza kudinga ukuphumla. Ukwazi ithuba elifanelekile phambi kokuba le nkqubo ibe yinkingo kukuvumela ukuba ungahamba ngexesha elinzulu kwindawo eninzi abantu abaphilayo, ufuna indawo yokuhlala.

Ukufundisa ngamaxesha amanzi kunye neenyawo ezininzi.

Ingxenye yendlela oyenza ngayo kwiindawo zokuqala kukubheka ukuba kunabantu bangaki kweli ndawo, kwaye uceliwe ukuba ucwangcise ukuba kunakuba kunabantu bangaki emizuzu embalini, iiyure ezimbili, neeyure ezine. Oku kuyanceda ekumiseni ithubaliso lakho endlezini yodansa ngalo lonke ilanga — kwaye kukho isizathu esiqinileyo sebunye obuqhelekileyo ngaphandle kwento eyahlukileyo.

Uxinze lwabantu.	Kunjani ibonakala.	Ndingayenza njani?
Ukuba kunento encinci—ukufika ngaphambili okanye indawo enkulu xa iingxolo zomile.	Ungakwazi ukunyusa iintsapho zakho zombini ngaphandle kokuthetha nabanye. Kukho indlu efanelekileyo phakathi kwamaggrupu.	Ukuzimela ngokupheleleyo. Ukukhululeka okukhulu kwiindawo zokuhamba. Ukufuma komoya olukhulu ngomzimba wonke. Indlu yodansa iyakhululekile kwaye inentliziyo kakhulu kuloo ndlela. Yeyona nto ekwenza ukuba ufike ngexesha kwaye uthatha indawo elungile ibalulekile.
Indawo efanelekileyo—indawo esondela kwi-densithi yomntu.	Mhlala kufuzele nabanye abantu, kodwa ungabaxhathisi. Ungaya naphi na ongathanda, kodwa uqaphele ukuba abanye bayakhona.	Ukuhamba kunokwenzeka kuzo zonke iindlela. Ukuba kwakhulu kwe-CO_2 kuncikelekayo. Ubushushu buphumelelayo. Oku kuyinxenye yobunzima obufanelekileyo ngobusuku obucono.
Idlala	Abantu bahlala kude, kunye.	I-CO_2 iqala ukunyuka. Ukulawula

ngokupheleleyo.	Ukuhamba kuyenzeka, kodwa kukhutshelwa ngendlela abantu abahamba ngayo kunokukhetho lomntu. Unokuziva ubushushu bomzimba wabanye abantu abakufuphi nawe.	ithemperature kubangela ingxaki. Izinto ongenza ngazo ukuhamba ziya kuba zincinci—ukudansa okuncani, hhayi ukudansa okupheleleyo. Ukuba sele uphantsi kwesimo olunjalo xa ufika: fumana imigqa, fumana umoya, fumana indawo yakho phambi kokuba uzibandakanye kwiindawo eziyintathu.
Uxabiso lobunzima -- ngaphezulu yomthamo okhuselekileyo.	Akukwazi ukunyusa iintsapho zakho ngokukhululekile. Umkhosi uyahamba njengomntu omnye. Uziva ngxabano ezikhuphisana kwakhulu.	Ingozi. I-CO_2 iphezisiwe kakhulu. Ukulawulwa kobushushu buyeka ukusebenza. Ungongezeli umzimba wakho encingweni. Hamba kumigqa, hamba ngqo kwizinto eziphuma, okanye uphume. Le ndlela enkulu yezinto enendawo embi kunye nokungabikho komoya opholileyo sisiganeko sezempilo esilindelwe.

Iimbophelo ze-Oxygen/i-CO_2: Ngenxa yokuba Ubungakanani Bomntu Kukhona Impembelelo Ekubeni Unomdla.

I-CENTURION – Ingxaki ayihambi njalo ngezinto ezithile. Ngamanye amaxesha, ingaba umoya.

Umoya oyingqamizwa uqulethe malunga ne-0.04% yegesi eyenziwe ngogatsalisi (iimpawu ezingu-400 kwiikhilomitha). Kwindawo enokungaphathiswa okukhulu, i-CO_2 ihlala esezingeni elifana naleyo, kungakhathaliseki ukuba kukho abantu abaningini. Kwindawo yangaphakathi engenanto yokungaphathiswa—ngoko nto yizikhithi, igumbi elineendawo ezincinci, okanye nayiphi na indawo apho ukufafaza komoya akuhlelelwe ngokwaneleyo kubantu abakhoyo—i-CO_2 iyanda ngenxa yokuba abantu bayalibila.

Izinga le-CO_2.	Ndingayifumana phi le nto?	Nokuba yintoni enyanzela umzimba, kukho izinto ezithile ezinokuphuma.
		* Ukukhishwa kwe-dopamine kunokubangela ukuziva okungcono kwaye unomdla. * Ukukhishwa kwe-serotonin kunokunciphisa ukuvuvukala kwaye kunceda ukuba uzive ubuhle. * Ukukhishwa kwe-endorphins kunokunciphisa uxinzelelo kwaye kunceda ukuba uphinde uphefumule. Nangona kunjalo, kukho nezinye izinto ezinokuphuma. Umzekelo, ukusetyenziswa kwe-opioids kungabangela: * Ukuziva okungcono * Uxinzelelo olunciphiselweyo * Ukulala * Ukuthanda * Ukuxatshazwa Kukho nezinye izinto ezinokuphuma, njengokuba umntu uthandana. Nangona kunjalo, kukho nabanye abantu abangathandi. Kukho nabanye abantu

		abanomdla kwi-opioids kwaye banayo into eninzi ekufunweniweyo. **Ukuba ufuna ukwazi ngakumbi malunga nokuphuma kwe-opioids, ungafowunela i-findahelpline.com okanye ubuze ugqirha.**
400–800 ppm (ubungakanani obuqhelekileyo ngaphandle/kumenda enomoya ophantsi).	Amabhulo eentambo ngaphandle. Indawo yangaphakathi enezixhobo ezifanelekileyo zokuhambisa umoya. Esezantsi kwezika. Esiseduzana ne-DJ booth (njengoko kunjalo, ngokubanzi kunomoya okhoyo).	Okwenzeka. Akukho mthetho olwimi okanye ubudlelwane bomzimba obubangelwa yi-CO_2 ngokuthe ngqo.
800–2000 ppm (indawo yangaphakathi eselelweyo).	Nayiphethe kwayo enegumbi elingaphakathi kunye nabantu abaninzi kunye nomoya omncinane. Iiklabhu ngexesha elifaneleyo kwindawo ekumgangatho omkhulu yodansa.	Kumlingo we-1000 ppm: imiba emincinane yobuntlalo echaziwe kwiinkqubo zokufundisa—ukuba kunyusa kancinci ukubaluleka. Kumlingo we-1500–2000 ppm: ukunyamekela iintliziyo, ukukhulakala okuncinane. Ezi mpemba zincinane kodwa zihlanganisana ne-dehydration, ubushushu, kunye nokutyalwa kwezinto ezithile.
2000–5000 ppm (ukungabi nevenki elungileyo, abantu abambeni).	Iindawo eziseziko zidlulile kumahluleli abo. Igumbi ezinomoya omncinci. Indawo ephakathi yamaqela amaninzi kwi-even emngunuzi. Nayiphi na indawo apho unokubona ukufuma odongeni okanye esibhakabhakeni ngenxa yomswelo wamaqula.	Intliziyo ephantsi esikhawulezayo kunokuba kulindelekile. Ukungaboni ngokusakhululeko okubonakala kungaphezulu kakhulu. Ukulahlekelwa kwengqondo okuwumboniso ohluke-uhlukene neemveliso. Ukunyuka kweentliziyo. Ukuphazamiseka okufika ngaphambi kokuba umzimba ube nomlingo. Ezi zimpawu zivame ukubalwa njengokuba ziyimveliso, kodwa zingaba yilempopholo.
5000+ ppm (eyingozi – into engenakudibana, kodwa kunokwenzeka)	Iindawo ezincinci kunye neziphathwayo kakhulu, ngakumbi igumbi elingaphantsi endlini (ibheyisimenti), ikakhulu xa kunabantu abambalwa	Ubuluntu obukhulu, inyimiselo, ukunyuka kweentliziyo, uthango olunzulu. Oku kunjalo umba wendawo kwaye kufuneka uphume. Ukuba abantu

	kakhulu. Oku akuyinto eyinxenye yendawo echwephesha kodwa ibonakala kwiimeko ezifana nezo zemiqobo okanye iindlela ezingenziwe kakuhle.	abambalwa abaseduzana nawe bonisa ezi zifo ngaxeshana: umoya yinto engxaki, hayi iimpahla kuphela.

Ungayifumana njani impilo engcono kwaye uphilise umoya kunoma phi phi indawo.

Akukwazi ukutshintsha umoya ophantsi kwiindawo zokuhlala. Ungenza ukuba uphumelele ngokuzimisa apho umoya ukhoyo kakuhle:

- Kufuphi kwindawo apho umdlali womculo (DJ) uphosa khona—izikhundi kufuneka ziqiniseke ukuba umdlali womculo ukhuselwe kumoya obushushu kunye ne-CO_2 ixesha elide. Ukungcebeleka kwiindawo ezongezeleleyo eziwufakelo womdlali womculo luhlala lubengcono kunendawo ephakamileyo yendlu yokudansa.
- Kufuphi kwiindlu zangaphandle, i-CO_2 ibekwa kwaye ifikelele encinane kumgca ophethe umtapo womdlalo osezantsi kweendlu zangaphandle kunokuba kube kwindawo ephakathi. Umgca womtapo womdlalo oseduze neendlu zangaphandle unomoya ongcono kakhulu kunokuba ube kwindawo ephakathi.
- Kwiingqithi ezisondela kwiiminyango eziya kwezinye iindawo—yonke indawo eyinxibelelene inikeza umgca wokutshintsha komoya. Indawo phakathi kweegumbi ibonelela ngomoya ophilileyo kunendawo yangaphakathi yeyona ndlu nayiphi na.
- Iindawo eziphezulu—i-CO_2 ilula kancinane kunomoya, kodwa kwikhonkco labantu elihambayo, le nto ayibangelwanga. Nangona kunjalo, indawo ephezulu okanye ipulatifomu ngokuqhelekileyo ibonakalise ukukhanya komoya ngokuyimiselo.
- Cwangcise kwindawo enayo i-air handler, iventi, okanye ifeni—zizwe ukukhona komoya. Umoya okhona=ukuguquka kwebanga le-CO_2 olungcono. Ubushushu obuqhelekileyo kufuneka buwubekho kwindawo enayo i-air handler esebenzayo, nokuba yindawo eyomile.
- Emigaqulunxe – indawo yokutyala ngaphandle, iterrasi engaphandle, isigadi esingaphandle. I-CO_2 yangaphandle iyinto yendalo. Ukuba unombuleko, uthinteki, okanye ubuhlungu obungachanekanga ngaphakathi: iya ngaphandle imizuzu eyishumi phambi kokuba uzifanele yonke into kwiimpempe.

Umphumela oludibeneyo: i-CO_2 + i-MDMA + ubushushu + ukuntlontlonzi + intambo engcono eyomileyo ibanga umthamo omkhulu wobunzima bomzimba. Ukufunda ukuba ngubani phakathi kwezinto ezingabonakalisiwo olona nto ebukhulu—kwaye ukulungisa loo nto—kudinga ukwazi ukuba i-CO_2 yinxenye. Umntu osukela kwindawo

yangaphandle imizuzu eyishumi kwaye uziva ngcono kakhulu ufunye ukuba ikwaliti yomoya yayiyinto ebalulekileyo, hayi nje izinto ezithintelayo.

Imephu yomhlaba yemigubo.

I-CENTURION — Cwangcisa umzila xa awudingi, uphumele ngokuya phambili xa uyidinga.

Imephu yokupholisa amanzi iluncedo kwaye ichaza ngokucacileyo. Ngexesha lokuhamba kwindawo, fumanise kwaye uhambe ngomzila oza kumenda enye nganye ukuze uyazi umzila ngomzimba wakho, hayi kuphela engqondweni yakho:

Istationi.	Nantoni ukuba kufanele unyamezele ngelixa uhamba.	Istrateji yexesha.
Imvula / indawo yokufumana amanzi.	Indawo. Ukuba kukho umgca kwikhaya (ukuseni = omfutshane; ixesha eliphezulu = ende). Ukuba zikho izithubaliso ezininzi okanye enye kuphela. Ukuba zingabizi. Ukuba kufuneka uze nekhophe yakho okanye into yokutyala kuyo.	Phakamisa umthombo wamanzi ngaphambi kokuba ufune amanzi. Ukufuna amanzi kwi-venki enkulu kunye nokushushu lula ukuba kufike kamnandi. Umalizo kukuba usemanzi angu-500ml njalo ngehora ngelixa udansa, kunye ne-electrolyte. Ungaxhasi ukulinda umileyo wokusuka kumileyo ukuze ufunyane amanzi.
Ibaruku elifana nesithuba lakho lodansa.	Yeyiphi ibha enayo indlela emfushane ukusuka kwindawo oyithandayo? Yeyiphi ibha enokhetho oluthembekileyo lwezinto ezingatyibiliki? Yeyiphi ibha enomgca omncane ngaxa yintathu ethile (imigqa ayihambi kwayo).	Inkqubo yobungane yokunceda ukuhlala uqinisile: umntu omnye uhlala endaweni yakho kwi-dancefloor, omnye uye ebha. Yenza oku ngaphambi kokuba kube lula ukufumana amanzi. Umntu osiweyo kwi-dancefloor xa iseti ifikelele kumgca wamaxesha ukuze uqambe umzila wokufumana amanzi uzophuthelwa yimixube emihle. Cwangcisa uhambo lwakho lokufumana amanzi ngexesha leentshandorho phakathi kwezinto ezidluliselayo okanye xa amandla eseti ehla.
Ikamva (ukuhlaziywa).	Iimbumba zombini, ukuba zimbini. Ixesha elisetyenziswa ukuya kwiindawo ezahlukeneyo (bala amanqaku— ngokuchanekileyo). Ixesha lokulindelwa ngexesha elifuneka lokuza (ngokoqobo i-1–3 AM kwizikali).	Ukuba kukho ingxabano ngexesha xa usebenzisa i-MDMA, i-diuretics, okanye ukuthanda kakhulu amanzi. Ukwazi ukuba igumbi lokuhlamba luyadibana nakwiintsuku ezingama-45, kunokuba uhambe isigubu esiphezulu, ngelixa ukuhamba

		kwelinye icala kuye kuba kuthatha imizuzu emithathu, kuyakuvumela ukuba uthathe isinquma ngokucingisile endaweni yokuzabalaza.
Indawo yokuhlala kunye neendawo zokumisa.	Igumbi lokuxolela, ukuba linikho. Indawo yokutshiswa ngengubo enezihlalo. Nazo nayiphi na imibengo okanye iindawo ezifakweyo. Ubume bomgama kunye nomzila ovela kwi-dancefloor eyintloko.	Umzimba udinga ukuzola ngokuqinisayo. Kusuka kwiSahluko 6 kolwazi lokudansa: xa udansa ngamandla, umzimba uyenza umsebenzi omalunga nobunye. Cwangcisa ukuphumla okuyizinto eziyi-10 minithini emva kweeminithi engama-90 yokudansa. Yazi ithuba oluya kuzifikelela ngaphambi kokuba ufune ukufika apho.

Inkqubo ye-'Inani leMigqa'.

Ngexesha lokuhamba oluqanjelweyo, jonga ngamehlo kunye nolwimi ukubala amanqaku aphakathi kwendawo yakho ehleliweyo yodansa kwaye kumiselo nganye. Akukho nto kufuneka ukhumbule inombolo exakekileyo—kodwa umsebenzi wokuhamba umzila uyenza ukuba ufunde ngokwememori yomzimba. Xa udinga amanzi ehora lesithathu, kwiimeko ezahlukileyo kwindawo emnyama neqala ngabantu abambalwa, imilenze yakho iza kukwakhumbula umzila nokuba ukubona kwakho kunye nenkqubo yakho yengqondo kungabi lukhululekile.

- Manzi: __ amanyathelo ukusuka endaweni yam. Icandelo: __.
- Iindawo zokuhlamba (ekufuteni): __ amanyathelo. Icandelo: __.
- Iindawo zokuhlamba (enye indlela): __ amanyathelo. Isikhundla: __
- Indawo yokumisa: __ amanyathelo. Isikhundla: __
- Isikhululo sezempilo: __ amanyathelo. Isikhundla: __.
- Phuma kwi-dancefloor esondlayo: amanyathelo ___. Icandelo: ___.

Olwanga liyinto eyayingalungileyo. Yindlela efanayo abasebenzi bezempilo, abaphethe iimbidi, kunye nabaxhoba abanolwazi abayenza njengokuba yinxenye yemigangatho. Imizuzu emihlanu esebenziswa kwi-walk yokufundisa ngendlela engcono kakhulu yokunciphisa umngcipheko kuyo yonke iimbidi.

Isimo: Ukumisa Okuzalwayo ngokweNgcebo kunokuba yinto Yokulungiswa Emva Kokubola.

I-CENTURION – Umzimba Ophumile Ukuhlala Phambi Kokuba Kufuneke Ukuphumile Ngokwenyani Yimzimba Oncango De Kuseni.

Icandelo lesi-6 leMigqi Yokuhambela yenzele ukuba zifaneleke iikhalori kunye neemfuneko zemveliso yomzimba ngexesha lokudansa eliqhubekayo. Xa umzimba usebenzisa amandla ngokupheleleyo—ukutshabalala, ukudansa kwiindlebe ezimbini, ukutsiba—umzimba usebenza ngobunzima obuqinzile okanye ophakeme. Iphutha abantu abaninzi bayenza kukuba baqhubeke ngobunzima obunjalo de umzimba uthanda ukuyeka kungekhona ukukhetha ukuphumla phambi kwelo xesha.

Uphumlo oluzisweyo (yindlela abantu abaninzi abiyilandelayo).	Uphumlo oluqhuba (yintliziyo yakho enceda).
Dlala idansa de kube kuthi imilenze ifile. Unganaki imilenze. Dlala idansa ngakumbi. Imilenze iya kuba yimfama kakhulu. Ekugqibeleni, umzimba uya kuzisela into—umntu kufuneka ahlele ngokukhawuleza, uziva ubengongotoyi, utyaliwe imichiza ngenxa yokulahlekelwa ngamachunkuma, okanye akwazi ukuhlala. Ukuhlelela oku kulungisa umtshato kwaye akuyona into eyenza umntu aziveze uphilile.	Hlela ukumisa okomileyo yemizuzu eyi-10 emva kweeminzwa engama-60–90 yokudansa. Phuma kwiindawo zokudansa ngaphambi kokuba umzimba ucebise. Hlala. Natha iimpahla ezifunyaniswe kumdaka. Dlula ubhanana olubukhoma kulokhaba lwakho. Buyela kwindawo phambi kokuba iseti iqale ukunyusa kabusha. Ukumisa okomileyo sisixhobo, hhayi inkohliso.

Igumbi lokuxolela: Kwiindawo ezifana nale, igumbi lokuxolela akuyona indawo oyithatha xa usupheyo. Yindawo oyiyo imizuzu eyi-10 ngaphambi kokubuyela kwigumbi elikhulu. Iindawo ezininzi zenzelwe ukuba zingakhangele kwaye zibe nezinto ezincinci kwi-igiumbi lokuxolela. Ukulula komzimba kumzuzu wonyaka kungaba ngcono kwi-igiumbi lokuxolela kunokuba ube egumbini elikhulu.

Indawo yangaphandle: Indawo yokutshisa utyotyombo okanye iterrace yangaphandle yindawo efanelekileyo kakhulu yokuvuselela esinokuthi ifumaneke kumaklabhu amaninzi. Inomoya omncane womoya (CO_2) kunendawo ngaphakathi. Ikolakala. Inobungakanani obunciphisekayo. Imizuzu eyi-10 engaphandle ehora lesithathu zihlala ibalulekileyo kwaye zingumgca phakathi kokuhlala de ubu-8 AM okanye ukuhamba ngoku-3 AM.

Ixesha lokuhlala: Le ndawo ayidingi ukuba ingxoxo iyeke, okuxhumano luyekwe, okanye umva uyancipha. Ezinye zamaxhoba amangalisa kakhulu kwifestivali zenzeka kwiindawo zokuhlala. Umntu osele edansile iiyure

ezine unento ayayithethayo. Indawo yokuhlala yindlela apho enokuyithetha ngayo.

I-Conga Line: Into Yokulinganisayo.

I-CENTURION – Idansa Enye Abantu Bangenaku Kuyalwa Kuba Wonke Umntu Uphinde Wenza Loo Ndansa.

Yonke into ekwi-gidi le, idibana namakhono okudansa ngamanye kunye nokholo kumdaniso. I-conga line yile nto eyahlukileyo kuyo yonke into. Ayidingi nakho kokuba kukho amakhono ngamanye. Ngokwakhelwe kwayo, ifaka wonke umntu. Idlula kuzo zonke iingcinga zombungqina kumdaniso ngenkqubo yayo. Kwaye inentlonipho engcono kangangoko ayingeni nakwenzeka kweminye imiba emidanisweni.

I-conga line ayilona into eyenziwe kuphela ukuzonwabisa kwaye ibuyele kwixesha elidlulileyo. Yindlela efanelekileyo yokuxhumana kwiindawo zokudansa, enento ekhethekileyo nebalulekileyo: ukufaka abantu abangakafuni ukudansa kwiindawo zokudansa.

Imiyalelo — Kulula ngokubekelekile.

Iphethini yesigqibo.

1. Thenga ingxenye enye ngentloko yezinyoka.
2. Thenga ingxenye enye ngesinyithi esiniqela.
3. Ukudoba: inyawo elungileyo kudoba kancinci ngaphandle, esiswini (akufanele kube phezulu—ukuphindaphindi okuncane kwiswini malunga nomzila wenyanga).
4. Thenga ngesinyithi esini.
5. Thenga ngentsho yezandla elilodwa.
6. Ukudoba: inyawo elasekho yodoba kancinci esiswini.
7. Ityhubhu, ityhubhu, ukudumba; ityhubhu, ityhubhu, ukudumba. Kwimusic ye-4/4: ityhubhu kwi-1, ityhubhu kwi-2, udumba kwi-3, ityhubhu kwi-4, ityhubhu kwi-1, udumba kwi-2.

Iintsapho: Ubume bezandla kufakwa kwiintsomi okanye kumakhwapha omntu osemphephe—ayenzi ukuba kube kumanxeba (ukungumjikelo) kwaye ayongezwanga emqolombeni (ukungunyaniselo). Iindlebe zifakwe ngokukhululekile kwicala leentsomi. Akufunekiyo ukubamba. Ukuxhumana kufanele kubekho, hhayi ukubamba.

Umgca ophethe umdlalo we-conga, umuntu okhokeleyo uyakhokela isikhundla. Umgca uyilandela. Isikhundla singatshintsha nganoma nini—umhleketo uyazisa ngesikhundla ngezenzo zakhe zomzimba. Bonke abanye bayilandela. Akukho sidingo sokulinganiswa ngaphandle kokulandela amagxaba.

Ukujoyina: Umgca we-conga unokujoyiniwe kwiiphondo zayo ngazinye. Hamba esantleni lomgca, uye emva komntu wokugqibela, faka iintsapho.

Uphantsi. Umgca awuyi kuyeka, ukuzinzisa, okanye ukwazisa ukunjongeka —uvele uze ulile.

Imiyalelo yomntu: Yintoni enokuyenza le-Conga?

Inkohlakalo endlezini.	Ndingayifumanisa njani?	Ngenxa yokuba yintetho, umbuzo awufanele ukuthethwa.
Umntu omi ngasekupheleni, ongagxibeki – umntu ofuna ukuba yingxenye yendalo kodwa engazi ndlela yokungena kwiindawo zokudansa.	Iqonga lokudansa liyakwazi ukuhamba kwiindawo ezikuyo, ukuthatha abantu ababambe iifowuni, kwaye bawenze bahlale kwiindlebe zokudansa ngaphandle kokuba kufuneke ukuba benze isinqumo. Isikhumbuzo sinomfanekiso — umntu oseleyo eqongeni — kwaye into efunekayo kukuzibophelela ngokuncinci.	Ukufakwa ngaphandle kwemfuneko. I-conga ayiceli nto ngako kodwa "beka amathe wenu apha kwaye ndiyenze phambili." Oku kuyinxenye encinane kakhulu yokubandakanya abantu ekudanseni.
Ukukhanya kokuncintisana phakathi kwabantu bomntu – umvuzo wokuba uboniwe kwaye uhlolwe njengomdanisi oodini.	Iqonga lokudansa liyenza ukuba akukho nto enye ngaphandle kokudibanisa abantu. Awuyi kuba umfani, kodwa uyinxenye yentambo. Akukho mntu oza kuyakala ukudansa kwakho okanye indlela oyidansayo. Into ebonakalayo kuphela yiqonga lokudansa ngokunjalo.	Kubantu abanezinkathazo zokuxoka kwiindawo zokudansa – leli qela apho iiphoni zihlala zisetyenziswa njengendlela yokuzikhusela – intshingo yintlobo ye-disinhibition engenayo nayiphi na into eyomilekayo, njengoko i-MDMA yenza: ukubamba kwiinkqubo zesosholo ngaphandle kokuba neenqwaba zokuziva.
Iingxaki zendawo—abantu abafuna ukuxhumana nabanye kwi-dancefloor kodwa abanazo izizathu zokudlula ukuya kubo.	I-conga line idlula. Yile ndlela eyodwa esiqhelekileyo yokudansa efana nomdlalo, kwaye inokuhambela ngaphakathi. I-conga line eqala kufutshane nevenkile yomculo iya kudlula kuzo zonke iindawo zendawo ukuba umhambi oqala uyithathe apho.	Okweso yinto ekhethekileyo kakhulu kwi-conga line. Idibanisa iingqina zabantu, ihamba kuyo yonke indlu yokudansa, ifaka abantu ababefana nezinye iingqina ezahlukeneyo, kwaye idala umzuzu owabiweyo owayekungekho ngaphandle koko le nkonzo.

Xesha ezikhoyo apho i-Conga Lines zenzeka—kwaye naxa kufuneka uqalise enye.

Iintsuku ezimnandi: Iingcongco zivamise ukudala ngexesha:

*** Ngokugqibela kwentambo yevezi xa umntu uhlangenwe kwayo kunye nabanye, kwaye iimbila zomphakathi ziyakhululeka;**
*** Ngexesha elithile phakathi kweedijay ezahlukene xa amandla afudumele kancinane kwaye abantu bengenazintlalo zokuzilibalisa;**
*** Ngeentsuku ezimnandi ngaphandle, apho isimo, umntu kunye nomculo bahlangana ukubanga intuthuzo yomntwini.**

Unjani ukuba uqalise enye: Umntu kufuneka angene kuqala. Thinta inxenye yomzimba womnye umntu osezukuzingqiweyo, ngokuphantsa okanye ubuso. Qala ukudlula ngendlela efanayo. Uthe kananjalo kumntu ongasemva kwakho. Abantu abathathu bayindlebe. Iya kukhula.

I-BPM ephelele: I-conga lines zisebenza ngcono kwi-BPM engama-100–130—iitempi yomculo we-house kunye ne-Afrobeats apho ipatheni ye-"step-step-kick" ifana ngokuthe ngqo kumabhidi abalethi idrum yekicki kunye nedrama. Kwi-BPM engama-150, kakhulu kumculo oqinileyo we-techno, i-"step-step-kick" iba yinto enzayo ngokukhawuleza kakhulu. Kwii-BPM ezingama-80, ibe mandla kakhulu ukuba ingakwazi ukwandisa umfutho.

Indlela: Iindlela ezilungileyo zokudansa nge-conga ziqala kwiindawo zokudansa, zidlula kwezona ndawo zixhasa ezi kumigubho, kwaye zibuyele kwindawo yokudansa. Isikali esikhunjulweyo sibandakanya abantu abangaphezulu. Indlela elungileyo (eqala ngqo kwi-venue kwaye ibuyele) ifuna amandla kangakanani kodwa ifumana abantu abafanayo.

Ukuhlanganisa: Kusetyenziswa iSahluko 0 ukuya kwiSahluko 8.

I-CENTURION – Ukuziqhelanisa nendawo yindawo kukuba ngokuqala. Idansa ndeyona nto ebalulekile emva koko.

Umlinganiso opheleleyo weNkqubo yokunyuka ngoku uya kulandelwa njengokuba: fiha, uhamba egumbini, wenza umfanekiso wezinto ezintlanu, ubhalela ukuba kunenani labantu, unyuse iindawo zomoya, bala amanqika ukuya kumatyala nomjikelo, ubhalela indawo yokumisa. Emva koko: fumana irhitimu, sebenzisa isiseko, fumanisa i-BPM, uthatha kwi-tango ne-cha-cha xa umculo uyifuna, udlamele xa umculo ufuna ukuba udlamele, uqengqe xa kukufanelekile, ubeke ifowuni phantsi, zibophele kumanyathelo nganye, mphise ngaphambi kokuba ugazi lufune ukuphumla, buya kwiphulo ulungile.

Kwaye xa umzuzu ufika—ukuba sele ixesha elinde kakhulu, ukuba iingcinga zabantu zilungile, kwaye amandla abantu afikelele kumgangatho othile womdlalo olungileyo owenziwa yimithombo emihle—qalisa umgca wocingo. Okanye ungene kwincinga esijongezele. Umgca uya apho ufuna ukuya khona. Umatye wonke ubantu abazilengayo.

ULUDIDI LWE-SECTION 0 — UZELE KUDE KWAKHO NGAPHANDLE KOKUHLANGALWA YIMIZMI.

- ☐ Iindlela zokuphuma eziyele - okungenani ezimbini.
- ☐ Ifestishi yezempilo / yesokunceda okokuqala ifumaneke.
- ☐ Indawo yamanzi yamahhala iqinisiwe — umzila ugxobile.
- ☐ Indawo yegumbi lokuhlamba iqinisiwe – eyona nto ifunekayo neyokutshintsha.
- ☐ Indawo yokumisa / indawo yokuxolisa ifunyenwe.
- ☐ Izindawo zokwahlulelwa komgangatho womoya ezikhunjulwe—aphezulu kwindawo apho ukungaphathwa kolwandleli kuyenzeka khona.
- ☐ Ukufundwa kobungqamama bomphakathi — ukuba ngoku kunjani kwaye kuzakunini.
- ☐ Amanyathelo agcinwe engqinelweni – amanzi, igumbi lokuhlamba, umphumela.
- ☐ Ukwenza umdla kumzimba kwiiphakethe — iimveliso ezifunyaniswe kweminerali, ubhanana, namaqanda e-Brazil.
- ☐ Ukuxolisa okuzalwayo kuhleliwe — rhoqo yeemizuzu engama-60 ukuya kwangama-90.
- ☐ **Conga line: iyahlala yenza, kodwa ayidingekiyo.**

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Isahluzo 0 yeBhokwe yokuLandela iNkqubo yoNxibeko | Yongezwa kwiDokhumendi eyisiNgqondweni yesikhathi esithile.

Hamba ngengxenye yegumbi. Yazi umoya. Yazi amanzi. Yazi indlela yokuphepha. Emva koko, dlala.

Isiqendu 1 — Isisekelo: Izinto Ezintathu Yonke Imiyaloyo Inokwenza.

I-CENTURION — Phambi kokuba uphumeze nayiphi na into, kukho umthetho. Olo mthetho ngoku guquka ubunzima.

Yonke iindlela zokudansa—ukususela kwaselizwe, i-Afrobeats, kunye ne-Berlin techno—zisekelwe kumgaqo omfanekayo: ukutshintsha ngokucwangcisiwo isisindo somzimba kwiinyathelo ezimbini. Akuyona into yokudlala ngamathambo. Akuyona into yokuhamba. Akuyona into yokunyisa iinyawo ngendlela ehlukileyo. Kubalulekile ukutshintsha isisindo. Yena olenza ukuba ukunyakaza kubonakale kunokucwangcisiwe. Yinto ekubaluleke kakhulu kule nkqubo yonke.

1.1 — Ukutshintsha Isisindo: Umthetho Osemnandi.

Ayikho into ekufuneka ndiyifumane.	Yintoni enokubonisa ngayo.	**Nceda unikeze ulwazi oluyimfuneko ukuze ndikwazise ukuba yintoni enye na.**
Imilenze zombini ifakwe phantsi. Umzimba uyaguga phezulu naphantsi ngaphandle kokuhamba kakude okanye ukubuyela emva. Ukunyuka kubekwa kwiindawo ezintlanzi kodwa umntu akanandlela ndawo, kwaye akuxhunywe nakwenzipho. Oku kuyinto "ukungaguga okungumgca" – ukunyuka okuyi-default xa umzimba awazi enye indlela yokuziphatha ngayo.	Kulo mgama ngamanye, isisindo siyathambeka kwelinye ilingane okanye kulelinye. Umzimba unokusinzi okuthile lokukhanya ngalo kumgca oqinile. Le ndlela yokunyuka ibonisa indawo ethile ekuyo umdibaniso womzimba. Lo mntu ubukeka njengokuba uyadansa kuba uyenza izigqibo ezibandakanyayo ngeendawo zombindi wakhe.	Mima ngamagqabukumbu alinganisiwe. Beka wonke umthamo wakho kwiinyoka zakho ezilunye. Konke – inyoka yakho yesobhu esingabonakali kufanele ithinte phantsi kuphela. Ngoku, guqule yonke into ecaleni kwenyoka yakho yangasekho. Kancinci. Rozulule ukuguquko. Ngoku yenza oku ngesizungu. Yiyo le. Yona le sisisekelo sonke okunye kule ncwadana.

1.2 — Ukufumana Umvuzo: Kubantu Abacinga Bangakwazi.

Abantu abaningi abathi banakuthola umdwebo, ngaba bazithatha kwinye into yomculo endaweni yedwebo elikhulu. Umculo we-elektroniki unamanye amalaphu omdwebo ahambelana. Ngenziwo enkululeko yokufumana ilaphu oyifunayo:

- Yilivele umculo we-elektroniki, ulizwi elisezantsi kakhulu nelibukhoma. Oonawo ukuba lufana neentambo ezine (ibhithi eli-1, eli-2, eli-3, kunye neli-4) kumculo ovela kwihouse nakwi-techno. Yilwazi oluzwakala ngokusisiseko kwaye lubukhoma kakhulu. Uzizwe kulungwini lwakho, hayi kuphela ezindlebeni zakho.

- Ukuba awukwazi ukuzwa i-kick drum ngenxa yokuba indlu yinkulu kakhulu: ubheke intloko ye-DJ. Ama-DJ amaninzi azibiza ngokuqala kwentshixo. Landela loo nto.
- Ukuba usenokungafumani, thata umntu oqinileyo kwaye uyenze ngendlela efanayo kumzuzu omnye ukusetyenziswa kweenyawo zakhe imizuzwana engama-30. Inkqubo yakho yezempucuko iya kuyifumanisa irhitimu ngephimbo phambi kokuba ingqondo yakho iqonde.
- I-beat onakayo ayidingi ukuba yiyo le eyayisetyenziswa ngabanye. Ukudlala ngesantla esiphindwe kabini kuyavumelanisa. Ukudlala ngesantla esiphalileyo kuyavumelanisa. Umthetho: zibophele kuleyo oyikhethileyo.

1.3 — Imiyalelo Ezintathu Ezinye Zonke.

Iindlela ezintathu ezisebenza kuyo yonke indlu yochukumiso, kuyo yonke uhlobo lomculo, kunye nayo nayiphi na iqondo lamakhono. Ezonke eziyithathu ziseziswe kutshintsho kwisisindo. Ezonke eziyithathu zinokutshintshwa ngokungenantengelo.

Move	Nceda unikeze ulwazi oluzayo ukuze ndikwazi ukukunceda.	Yintoni onokuphumeza ngamaxa?
I-Bounce.	Mizani yakho kufutshane kakhulu. Imiqolo yezinyawo zikhunjuzwe kancinane—ayilona ukuhleka, kodwa ayiwo nawo olukhuni. Kumthamo ngamnye, vumela imiqolo yezinyawo ukuba yakhunjuzwe kancinane, emva koko uyibuyise. Ukunyuka kuyinto ebukeka incinci kakhulu kumntu ongubani, kodwa kunxiba ngezixhobo zomculo. Faka utshintsho welunye ilwimi ngamanye amathathu ukuba kubonakalise. Oku akuyi kukudlaza. Yintoni nje yokulawula isisindo.	Yomile ngakubo, kancinci ukude kumzimba—ungathintelwanga kuyo. Vumela ukuba zihamba ngokwendalo kunye nomjikelo womzimba. Ukuba awazi ukuba yintoni enye onokuphumelela nayo: inxenye yenkcenkce ingahlala phezu kwentloko, enye ingakhululeka. Qaphela ukungafakeli iimbovane zakho zombini ngasemva—yinkqubo yomzimba yokuzikhulula, kwaye umzimba uyayazi oku.
Iimbini ezimbili.	Thenga ingxenye yomile yakho ekuvini ngokuqaleka kwe-1. Yisa intsho yakho esebomvu ukuba ijoyineyo ngokuqaleka kwe-2. Thenga intsho yakho esebomvu ekuvini ngokuqaleka kwe-3. Yisa intsho yakho eyomile ukuba ijoyineyo ngokuqaleka kwe-4. Oku kukamanye amaxwebhu amabini aphindaphindiweyo.	I-step ezimbini yenza ukujikeleza kwamehlo okulungele ngokwendalo—umehlo olunzima luyahamba phambili xa ingxenye yesinyithi iyadlula. Vumela oku kwiqala. Ukuba ufuna ukongeza ukunyuka kwamathambo: uze kancinane ngqo kwindlela oyihamba ngayo kwi-step, ubuyele emva xa uyisheya.

	Faka uphondo oluncinci kwiingxenye zentloko ezisukelwe kumathethu ongaqala ngayo. Ungaya phambili, ubuyele emuva, okanye utye umdlandla omncinci ngale ndlela. Akufuneki ukwenza nayiphi enye into ukuba uyayenza kakuhle.	Okanye, ilingileyo liyakufikelela phezulu kancinci kumazambule 1 kunye ne-3, liye ezantsi kuma-2 kunye ne-4. Amathambo kufuneka azive ukuba ayaphuma, hleli akwazi ukuzithuthuza, hayi ukwenza imiboniso.
I-Lean.	Kuyasebenza kakhulu kumculo we-minimal techno ngesantya se-130–150 BPM. Mazwane akume ngokulingana, ubunzima busabalalisiwe. Ukusuka kwisifuba—hayi ekhanda—yenza ukuthethelela engxenyeni eyi-10. Ubunzima bakho buyakuba kumagqabhukazi amagatsheni akho. Intliziyo yakho iyathambeka ngokwemvuzo yomculo. Izandla zakho ziyafunyanwa apho ufumana khona ukutholakala. Le ntethelelo ibonisa ubukhona kunye nokuzifihlela kumculo ngaphandle kokufuna nayiphi na inkqubo yokudansa. Oku yinto enento ekwenziyo kukuba abantu abaninzi abathandayo umculo we-techno eBerlin bayenza njani.	Ukudluliselwa kwisiphefu (kuyamukeleka kule ndawo ethile ngenxa yokuba ukugxothwa phambili kubonisa ukuzimisela, hhayi ukutshinxana). Inye into isandleni esiphantsi. Izandla zikhululekile emacaleni. Okanye elinye ilingane liyandisiwe kancinci ngasentliziyo kwicala elinye. Kule ndawo, oko izandla ezilenzayo akubaluleki njengokuba yintoni intuthuzo. Intuthuzo yindlela.

Isigaba 2 — Iindlela Zokufundiswa: Yintoni Eyifundisa Ngayo Amanyathelo Okudansa Oqhelekileyo?

I-CENTURION — UTANGO kufundisa intando. I-CHA-CHA kufundisa ukulingana kwesikhathi. UKUSIKIZA kufundisa ukuba umhlaba.

Akufunekiyo ukuba ufunde iilebhiliyoni ukuze usebenzise okwaziwa yi-tango. Akufunekiyo umnxeba wemidlalo yeelebiliyoni. Into eyenzelweyo kwiinkqubo ezisemthethweni kukuba ngolwimi olwandisiwe lokuxhumana ngokomzimba—kwaye iingxenye ezibalulekileyo zalo lwimi zinokudluliselwa kwifundo yodansa kumgca wemidlalo kweeminithi embalihlanu.

2.1 — Ukusuka eTango: Ifreyimu, Injongo, Ingxenye eyenziweyo.

KWIFLOORA – Into ekubalulekileyo esifundiswa yi-tango malunga nokudansa kwikhlabhu akuyisinyathelo esithile. Yintando yokunyuka.

I-tango yaseArgentina yakhelwe kumgaqo omnye ngaphezulu kwakho konke: wonke umhlomo ngumgca olunyanzileyo. Akukho imihlomo engenziwa ngokungathi-ke kwi-tango. Xa inyawo luhamba, lifika nentando epheleleyo. Umzimba uyazi ukuba uphi phambi kokuba uhambe apha. Umhlomo uthetha ukukhethwa.

Oko kukuba yintsingiselo ehlukeneyo phakathi kabadanshi ababonakala benento noba abadanshi ababonakala begaluxa kwindawo yokudansa. Akuyona ukubangelwa kwezinto ezenziwayo. Yintando ekumiselwe kuzo lezo zinto.

Umgaqo we-tango.	Ndingayifumana njani inkqubo efanelekileyo?	Ndingayifumana phi ngoku?
Kwi-tango, ifreyimu yindlela umntu amile ngayo—isitho esiphakamileyo, isisindo esijongene phambili kwiimpumulo zezinyawo, ukujonga okuncinci kuqala kwindawo yentliziyo, ubudlelwane bugcinwa phakathi bamaxhosa ababili ngokuphuma komzimba ophezulu.	Kwiindawo zokudansa ezidityanisiweyo: umgca uyaba yindlela oyibambayo. Isitho esiphezulu siyakhuliswa (ayilona ukukhuliswa kweemili – kuxakekile kwaye ukhuliswe). Isisindo sibekele kuwo wonke ubude weenyawo. Ukuthethelela okuncinci phambili. Uqhagamshelene nomculo kunokuba uphoswe ngalo. Oku yinto eyahlukileyo phakathi komntu obonakala ukuba ukhona kwi-club	Ngoku, ndiza intsalela yakho. Akukho intloko—intsalela. Tsambalisana kancinci iimpungutye zakho. Rozama ukuba ubunzima bendle yakho utshintshe kuwo nawaphezulu weenyawo zakho. Uveze nje ukuba uzibandakanyile kwindlelo ye-tango. Ngoku yongeza intambo. Bukela umehluko.

	kunomntu obonakala ukuba unengxenye ye-club.	
INDAWO EBALULEKIYO: Yonke into yabango kufuneka ifike ngokupheleleyo—akukho ukungabi nakuko, akukho ukufika kakuhle. Inyawo iya, ifika, kwaye ibonisa intando.	Kwiindawo zokudansa: xa usenza isinyathelo esesiya kwesobunxele, yenza isinyathelo esipheleleyo esesiya kwesobunxule. Xa usenza isinyathelo esesiya kwesivalo, felani. Ukutshintsha ubunzima ngendlela engathathi njalo kubonisa ukungaqiniseki. Ukutshintsha ubunzima ngendlela eqinileyo kubonakala njengokudansa. Umtshini omzimba ophantsi phakathi komntu onobuso kunomdanisi oneqiniso luvamise ukuba yintsingiselo yokuphelela kokutshintsho kobunzima.	Yenza isinyathelo sesithathu ukusuka kwiSahluko 1, kodwa ngeli xesha: zibophele ngokupheleleyo kwisinyathelo ngasinye. Faka ingxenye yomzimba yakho epheleleyo kule nyanga ngaphambi kokunyusa elinye. Yazi ukuba kungabonakala kwaye kuziveze ngendlela eyahlukile, nokuba ujonge kumgca omde.
I-TANGO YEKUKHENKETHWA: I-tango isebenzisa ukungahambi njengengxenye ebalulekileyo yomculo. Ukumiswa kwakhona ngexesha elifanelekile kuyinto efana nomdlalo ngokufanayo nokuhamba.	Ukumisa umdlalo kwi-dancefloor: ukufumana ixesha lokuthula ngexesha lentlungu okanye phakathi kwezinto ezikudlalwayo kwaye uphile—ukuyeka ngokupheleleyo, kwindawo efanelekileyo, ulalela—ngesinye sezinto ezinamandla kakhulu ekuxhumyaneni onokwenza kwi-dancefloor. Oku kuthetha: Ndamaziyo ukuba umculo uya phi kwaye ndilinde. Wonke ubomi abantu abakuzungele baya kuyibona oku ngaphandle kokwazi ukuba kungaba yintoni.	Xesha elilandelayo xa umculo uyancuma kwaye uya kuba kwindawo encinci: zama ukuyeka ngokupheleleyo. Yenza indlela efanelekileyo. Linda ufumene uphondo lokuqala. Emva koko, qiniseka ukuba uyidlula leyo ndima. Kuya kujikeleza njengento emangalisayo kwaye ibonakale njengokuba yenziwe ngokucwangcisiweyo.

2.2 — Ukusuka kwi-Cha-Cha: Ubudaniso kunye neNtshiza.

KWIFLOORA — I-cha-cha ikufundisa ukuba yintoni ekufuneka uyenze "ngokwakhona" – umdwebo phakathi kwemidlalo.

Ukubala kwe-cha-cha—eyodwa, ezimbini, cha-cha-cha—ngokungalingananga: ukunyuka okwenzeka kwiintsuku phakathi kwezinto eziyinhloko. Ukufunda ukuba neemvakalelo zale "ntsuku" evuliweyo kunceda ukuba uqaphele yonke indlela phakathi kwencwadi yomculo, nto leyo abantu abaninini bayithwalayo.

Iphethini yezinyawo ye-Cha-Cha (yenzelisiweyo ukusetyenziswa kwiikhilabhini).

1. Mima ngamagqavu ahlangene. Taka umzimba kwiinyathelo ezimbini.
2. Thenga inyawo elungile kancinane ecaleni kwelodwa kwi-beat ka-1. Dlulisa ubunzima kuenyawo elungile.
3. Yisa inyawo elasekho kumgca ekuqaliseni kwi-beat engu-2.
4. Cha-cha-cha: Thenga unyathelo ekuvini ngaphambi kobuntlalo bama-3, ma uphinde ubekwe kubuntlalo bama-3, emva koko uthinte unyathelo oluvini kwakhona ngaphambi kobuntlalo bama-4. Zithathu zenyathelo ezikhawulezayo kwiimbewu ezimbili.
5. Thenga inyawo elibanzi kancinane ecaleni kwelenga kumqulu ka-5. Phinda, kodwa uyenze ngokubaleka.

Ihipi: Kwi-cha-cha, ukunyuka kwehiphi kuyinto eyenzeka ngokuzenzekelo ukuba utshintsho welunelo luyakhona. Xa wonke isisindo sakho lisendleleni yenya elinye, le hipi iya kunyuka kancinci. Vumela lokho. Ungazimiseli ukunyuka kwehiphi—vumela utshintsho welunelo olwenze oku. Ukunyuka kwehiphi okumisweyo kubukeka ngobunzulu. Ukunyuka kwehiphi obuthakathwa kukuguquko kwelunelo kubukeka ngendalo.

Iaplikeshini yocango: Akufunekiyo ukuba usebenzise yonke indlela. Yintoni echaza ukuba ufunde kwi-cha-cha:
(1) Ukuhamba kwezinto eziphezulu xa ubunzima buhambela—vumela,
(2) Ibhidi 'kwaye' iyatholakala kuwe—akukho yonke into kufuneka ibe kwi-bhidi eyintloko,
(3) Ukuhamba okuncinci, okunemveliso engcono, kubonisa ngakumbi kunokuhamba okukhulu, okunengcebo.

2.3 — I-Stomp: Emihlaba kunye neentshukumo.

KWIFLOOR — Ukudumba kuyathathelwa kwiinkcubeko zaseAfrika ne-Afrobeats. Kuxhumana nomzimba newafle, kungekhona ukuba uqande ngokuphuma kwio.

I-stomp iyasebenziseka ngakumbi kwi-BPM ephezulu (i-130+ kumculo oqinile we-techno, i-gqom, kunye nomculo woclub) apho i-kick drum ibalulekile kwaye ifuna imphendulo yomzimba enezibalo ezifanayo.

I-stomp eyisiseko.	Iintlobo zokudlala ezahlukileyo.	Yongeza nantoni kwisixhobo?
Isinxibo sigxobha	Xesha elithile: xeshana	I-stomp ibambe kwayo

kwiinyanga ezimbini. Inyanga yesixhenxe iyathathelwa phezulu ngamachunkuma angu-2–3. Kusetyenziswa umdlabasi we-kick drum: yisa inyanga esekunene EHLA nexabiso elipheleleyo, ihlangana neflo ngephondo elifanayo njengokuba kungekho umsindo we-kick. Vumela iflo ukuthi yamkele ixabiso — ungazimiseli ukubuyela phezulu kwi-stomp. Bhala kwakhona. Tshintsha iinyanga.	leenyawo, intliziyo iyathambeka. Indlela yokwenza: xa enyawo elungile liyaphinda, inyawo elasekho kufuneka lithuthuke phambili (kwaye ngokufanayo). Yena ke indlela yendlela esijongene ngayo njengokuhamba. Oku kunceda ukuba ungabuyi kukwenza iintsuku zakho zibe nzima kakhulu, nto leyo enye indlela yokwenza eyayikhangeleka ingaba nayo. Yenza intliziyo yakho ithuthuke ngokukhululekile, kodwa ungasifaki ngakumbi. Enyawo yinto ebalulekileyo apha. Intliziyo kufuneka ilandele nje.	kwigumbi. Ukunyuka komculo othengiweyo kumakhaya okudansa luvamise ukuba uphakamileyo — udlame, ugxothe, uphakamise. I-stomp iyaphantsi — ngaphantsi kwephundo, ngaphantsi kwerhithimu. Yenza ukwahlukana okunokufundiswa njengokuqiniseka nozimiselo. Kwakhona, yenza ngokwenene imisipha yamaqanda, yamagxothe, kunye ne-hip flexors endlela engenziwa ngodlame kuphela.

2.4 — I-Mini-Stomp: Yeyona nto leyo ukuba awunanto endleleni.

Iimbovane zefestivali zihlala zinezixhobo ezininzi. Ukudansa okugcweleyo kudinga indlu eninzi. Ukudansa elincinci lubalwa njengokuba yintsholongelwano yokudansa, kunye ne-10% yemisebenzi:

- Ukunyuka kwesisu esomile. Isisu esingekhona linyukile kancinane (hayi yonke inyawo—kuphela isisu). Ngexesha: isisu lwehla emgangathweni ngokusetyenziswa kobunzima obuqikelelweyo. Le ndlela yokunyuka, ukusuka ngaphandle ibonakala kancinci kodwa usuku luyakhuthazwa ngokungqangqo.
- Ukunyuka kwaye ukwehla kweheel ebusweni ngokuya kwibhidi eli-1, kunyuka kwaye ukwehla kweheel eceleni ngokuya kwibhidi lesi-3.
- Nceda uqhagamshe phantsi kwayo ngokuphindaphindiweyo (bounce) kumazikithi obini kunye neyisithathu, kwaye uthobele kancinane kumazikithi ayodwa kunye neyesibho. Oku kuwenza ukuba kube nomjikelo womzimba onamathathu amanye ahlala ngamatshini anesine, oluzimela kwigubu kunye nesnare.
- I-mini-stomp yisisombululo sezimo apho kunenethiwe kakhulu kwaye abantu bahlala bekhulu kakhulu, kwaye nakuba kunjengebusuku kwindawo eninzi abantu kwaye ukuzilengela kunzima.

Isigaba 3 — Imephu ye-BPM: Yintoni enye eyenza ukuba ihambele kwaye ifanelele?

I-CENTURION - Umculo uyakutshele ukuba yenze ntoni. Kuyafaneleka ukuba ufunde indlela yokulalela ngomzimba wakho.

Iintlobo ezahlukene zomculo zineendawo ezahlukeneyo ze-BPM (beats per minute) kunye neenkxenye zezinto ezinomthetho ezahlukeneyo. Umzimba uyaphendula ngendlela eyahlukileyo kumculo o-100 BPM kwi-145 BPM—iphepha ligalelo kukufuna ukuba umtapo womvuzo we-145 BPM usebenzise umculo o-100 BPM okanye ngokuchasene nayo. Le ndlela ihambelana nomvuzo kunye nomculo.

Iphaneli yombuzo we-BPM.	Iimbunguzo ezahlukeneyo.	Ukuhamba, ukudansa, ukuzilolonga, imidlalo.	Kwenzeni okufanele ukungawenzi.	Ukudluliselwa okufunyenweyo elifanelekile.
70–95 BPM	Hip-hop, R&B, trap, slow jams, reggaeton.	Ukujonga— umgca omkhulu, ukubheka okunzulu, ukutshintsha kwesisindo esilamkileyo esithatha izibhakethi ezimbini ukuze siphele. Hlukanisa intloko kwi-beat eyahlukileyo kunomzimba. Ukudoba kuyakwikhaphu, hayi kumakhala. Ukujonga iintambo ngesibhakethi esinye, emva kwesinye.	Ukudlala ngamagxeba ngokushesha. Isinyathelo sesithathu njengendlela esheshayo. Ukugxuma. Iindlela zokudansa ezivuselekileyo zaseYurophu— azifanelani kule ndlela yentambo kwaye zibonisa ukuba umntu akanakwazi ukuziva ngomculo.	I-“cha-cha hip” – ukunyuka kwegeyisi okubangelwe kukudluliselwa kwembovane evela kwi-"cha-cha" kufanelekile apha. Ncithelisa iphethini ibe ngathi iyadlalwa kakhulu (ngokuphindaph indiwe) kwaye ukunyuka kwegeyisi kuyafaneleka ngokupheleleyo kweli range yama-BPM.
96–115 BPM	Afrobeats, Amapiano, dancehall, baile funk, i-deep house.	Ukujonga umzimba — kuqalisa kwiintloko, ujonge phantsi ngengqayi, ikhasi, intambo, nezibeleko ngokulandela uludwe. Faka	Iklubhu yaseYurophu iyadansa ngendlela ekhululekile, kodwa ayifanele ukuba eyodongwe kakhulu okanye ifane kakhulu	I-“stomp” – ikakhulukazi kwi-Amapiano, apho i-bass drum ibalulekile kwaye iphantsi. I-"stomp" ihlangana namandla e-bass drum.

		ukutsiba kwisandi esikhulu. Kwi-Afrobeats: ukunyuka kuyaphantsi, isisindo kuya ngaphezu, iingcelegu zinyibilisiwe. Umzimba uyahlala phantsi xa isandi liza.	njengokuba kufuneka kube kwimibhangqwa na ye-Afrobeats. Nakuphi na umvuzo owomilela iimpawu ezininzi ngokuzama ukufumana yonke into. Lalela ugxibilizwe kumvuzo omkhulu kwaye vumela ezinye izinto zifike apho kufuneka zibe khona.	I-"mini-stomp" isetyenziswa xa abantu bafakwe kakhulu kumatyala omlomo we-Afrobeats.
116–126 BPM	I-deep house, i-soulful house, i-late-night house.	Iintambo ezimbini zifanelekile kakhulu kuloo mphakathi. Ukutshintsha kwesisindo okuncitshisiweyo—vumela ukuba isizukululo sonke siphele ngaphambi kokuba intambo iphele. Iimpundlu zinokongeza umfanekiso omncinci wembotshi njengoko utshintsho lwesisindo lwenzeka. Umzimba unexesha lokufika ngokupheleleyo. Izandla: zidlulile, hleli. Ifreyimu yentango—ukuthethelela phambili, ukuzibopheza—ifanelekile kakhulu.	Ukungashiyi. I-deep house ayenzi ngokukhawuleza. Ingxaki evamile kukufaka kwaye ukunyuka okuninzi kuba kubonakala kunegumbi — leyo ndawo yinto ebalulekileyo. Ukunyuka olulodwa olucanekileyo kumphakathi ngamnye lubengcono kunokunye ezine ezingaqinisekayo.	I-frame ye-tango kunye ne-tango pause—isithuba le-deep house breakdown (eyona ndawo apho iidrummi zikhululekile kwaye kuphela ii-pads ezisele) yindawo efanelekileyo ye-tango pause. Ncitisa. Yenza ukubunjwa. Linda ukubuphindaphi ndiweko bedrum. Thenga ngokuphindaphi ndiweko bedrum. Thengisa kuqhubekayo.

126–134 BPM	Indlu, i-progressive house, imixube yezinto ezikudala.	I-“four-on-the-floor bounce” – wonke i-beat ifumana ukubiliswa okuncinci kwezigcebhe. I-"two-step" yongeza isikhundla. I-"jack" (eChicago): amazwe azongena ngaphakathi kumbeats 1 kunye ne-3, uphume kancinane kumbeats 2 kunye ne-4. Oku yi-"move" eyayingumyalelo ye-"house" kwaye iseyona ndlela efanelekileyo yokuphendula umculo wase-"house" omdala. Ukubiliswa kwegazi nakho kufanele kusetyenzwe apha – intliziyo phambili kumbeats 1, iphelavisi phambili kumbeats 3.	I-“shimmy” yee-1980s. Izandla ezijikeleza. Imibonakaliso enkulu engabonakali ukuba ihambelana nomjikelo. Kumculo we-"house", ukunyuka kubekwe kumjikelo—ukuba umvuzo awuhambelani nomjikelo, ubonakala njengokumbutho , hhayi umculo.	I-syncopation ye-cha-cha: umculo we-house unamagama "and" phakathi kwezandi zokudlala. I-triple step ye-cha-cha ingenzeka phakathi kweebhit 1-2 kunye ne-3-4—itshintshi leenyawo ezintathu kwindawo yombhiti ezimbini. Oku kuyindlela ezinzileyo, kodwa luhle kakhulu kumculo we-house.
134–145 BPM	Techno, i-house yexesha eliphezulu, i-trance.	Ukuba ngokuphindaphi ndiweyo. Okuncinci kungcono. Yenza ukuba ubunzima bule ukuya kwiinyanga zakho. Intliziyo iyathambeka ngokwesizungu—ayenzi umdla,	Ukusebenza ngokugqithile emzimbeni. Kule bpm (beats per minute), umculo ozenzela umsebenzi. Ukunyuka kufanele kube impendulo kumculo, hhayi ukubonakala	Intention ye-tango: isinyathelo esiqinileyo, ukumisa okucwangcisiwe yo. Kumswakama we-140 BPM, umisa we-tango ekupheleni kwesentensi

		kodwa ifumaneka. Ukudansa okubini kunokusebenza, kodwa yenze kube ngaphakathi. Isikhwebu sithatha ukuba sisile kwisikhatsho sesokuqala seentathu ezine. Izandile: enye okanye zombini zingunyukiswa ngexesha lokukhuliswa, zibuyele ngexesha lokwehla. Ukunyuka kwezandile kufuneka luzive njengokuba kunyuke ngenkqubo yomculo, hhayi ukuba uyawuqondisa.	kwayo. Umntu onyuka kakhulu nge-140 bpm uvamise ukubonakala engenaxhobo.	ende—ukumisa okuyodwa ngokungenasiphako—kunomthelela omkhulu kakhulu.
145–170 BPM	I-hard techno, i-industrial, i-EBM, i-gqom.	Ukudumba. Zombini zifana—inyoka elungileyo idumba kwi-1, inyoka ebusa idumba kwezi-3, ubunzima buyatshintsha ngokupheleleyo ngalo mzuzu. Izandla zinokubambelel wa phambili, okanye zingahamba ngokuhambelan a neenyawo. Le ndlela yokudansa yomelele kwaye oku kufanelekile	Ukudlala kwayo okukhawulezayo komculo wase-intliziyana. Ukudlala kwayo okunetyhefu komculo we-"deep house". Nakuphi na ukunyusa okunciphisa into eyenziwa ngumculo. Umculo onesimo esinzulu ufuneka iimfuno ezithile zomzimba—umzimba owenzelweyo kuloo nto ubukeka ulungile.	Iphepha eligqibeleleyo leSection 2.3—elizindaweni yalo. I-hard techno eyenzelwe ukudumba. Ukudumba okuncinci kusebenzela xa abantu bafakwe kakhulu. Isinyathelo se-tango esiqinileyo—ukudumba ngalinye kufika nentando epheleleyo.

		—umculo uyomelele. Umzimba ungaqhekeza ngakumbi kunje kwindlela ejongene nendalo ye-techno. Ukudumba nge-150 BPM kuyinkqubo yokuntywila umzimba.	Umzimba oncinzisiweyo ubukeka uphosakalisile.	
160–180 BPM	I-drum and bass, i-jungle, i-footwork.	I-D&B iyinxenye ebalulekileyo ekufundeni, kuba i-BPM ingathambekela de ufumane indlela yokuyenza. I-kick drum ibheke kumaxholo angama-80 BPM (ngokuphindaphindiweyo), ngelixa i-breakbeat ibheke kumaxholo angu-160–180. Hamba kwi-kick (80 BPM), hhayi kuyo yonke i-breakbeat. Umkhuba weenyawo: ubunzima buyatshintsha emibhadlangweni embalini yobubanzi obukhawulelweyo — ngoko ke, inyathelo nganye malunga nezixeko ezimalunga ne-0.75 zangasekuphela. Faka ukutsalaliselwa	Ukuzama ukudibanisa ngakunye kwentambo yombhoxo. Kumlingo we-170 BPM, oku kungaba nakwenzeka ngokwezinto zombili, kodwa kubonakala njengokuba umntu uphosile kwaye ufana nomntu olandela ingxenye engalungileyo yombhoxo. Tshintshela kumlingo womgca omde. Yithembe.	Stomp kwi-kick engexeshwayo phakathi kwentambo. Cha-cha phakathi kwezithathu ze-half-time — i-breakbeat engaphezu kwe-160 BPM inamathuba okubala "and" aphakathi kwezi-kicks ze-half-time, kwaye le nto yenza ukuba i-cha-cha triple step ifane ngokupheleleyo.

		okuncinci kwiinyathelo ngazinye zokutshintsha kobunzima.		

Isahluzo 4 — Ibhhayisithi: Yintoni Ezenziswa Ngayo Kwaye Yintoni Enokuwenziwa Endaweni Yo.

I-CENTURION - Ifoni yisikrini. Yazi ukuba yintoni esikhawulezayo.

Ibhola elisele kwindawo yokudansa lusebenza umsebenzi omiselo: linika umntu ongenalo ixesha ukubonakala njengomntu oqinileyo, kodwa engazimiseli ukuba ukhangele. Ingcebo yinto enje: ukuba ndibonakale ndenza into ethile, andinakuhanjiswa ngokungenzi into enye (ukudansa). Ibhola alikho ukubhalisa. Ibhola luyindlela yokulahlekelwa kwiimeko zokuxhumana umntu ongenalo ixesha lokuba kuzo.

Yintoni esilungiselelweyo ngale fowuni?	Yenzani ngokwenene.
Ndingaxeshana, ngoko ke akufanele ukuba ndibandakanyeke kwiindawo. Ifoni yenza into ekwenzekayo enokuchaza ukungabi naxhasa lokudansa ngaphandle kokuba umntu afake isicelo sokuba akanakuqala ukudansa.	Kufuneka ibonise ngokuchanekileyo ukuba yintoni le nto ifihla: ubunzulu. Wonke umntu oqinile kwi-dancefloor kwaye uthatha i-fowuni yakhe ukuze ayibukele kwakhona, emva koko iyayibeka, ubonakala ngahlukeneyo kunomntu obambe i-fowuni ngokuqhubekayo. Ukubamba i-fowuni ngokuqhubekayo kubonakalalise kwaye kufihla into efihliweyo.
Ndifuna ukubhala oku ngoku ukuze ndikwazi ukubuyela kuthi kamva. Kukho ixabiso elinkulu ekugqibezini umzuzu. Umdlalo omkhulu womculo, ixesha elimangalisayo lebusuku, ubuso bendwendwe.	Ividiyo enye yeyokubhalisa. Iividiyo ezilishumi elinesibini zikhokelela ekuthonteleni. Elona vidiyo lokuqala lithi umzuzu. Iividiyo ezilandelayo uziva umzuzu ngekhrini, kungeyakho ngomzimba. Isizathu sokubhalisa sinokwenzeka kangangemizuzwana engamashumi amathathu. Emva koko: yinto ekukhusela.

4.1 — Yintoni Onenda Ukwenza Esikhundleni Sesifeksi.

Fakisa iphile ngokupheleleyo: Ungayibeki esandleni sakho okanye epokhothweni. Ukuba iphili yakho ikwiiphokotho okanye ebagini, vula isikrini kwaye uyifake kumodi yokuthetha. Iphile enokufikelelwa ayinobunzima obufanayo nomoya nephile eyayishiyeleke ngokucwangciso.

Ukubambela ngamathambo: Ukuba amathendi aya kudingeka ukuba afumane indawo: intliziyo enye kumqopheka omnye, ingxenye yenya ihleli ngokuthembekile phakathi. Okanye zombini iintliziyo zibambisiwe ngendlela engenzi lutho (ayizukubonakala njengokuzivuselela—ngendlela engenamsebenzi). Oku kukubambela okusuka kwiSahluko 1.3 kunye

nenxenye yentliziyo efumanisa ukuba umntu uphonsa ingqalelo, hayi ukuba uzivuselela.

Isixelo njengokusebenzisa into (indlela engenzi mnandi): Isixelo esinye esithini elilodwa linika inyawo indawo yokuba, kwenza ukulingana okwandisiwe kumvuzo wemigquba yomzimba, kwaye kufundeka ngokubalulekile kwi-dancefloor njengokuthi "Ndinguphi kwaye ndinzulu apho." Amanzi asebenza. Isoda asebenza. Isiselo asidingi ukuba sine-alkohol ukuze senze le misebenzi yomntu.

Umntu owakho: Indlela efanelekileyo yokutshintsha ifoni kukuxelela ngamehlo kunye nokunxibelelana ngokomzimba nomntu owaziyo. Ukuhamba ndawonye ngaphandle kokudansa okwenzekayo—ukulinganisela amandla, ukuzimela imigudu, ukuphendula kwelinye ithuba—kuyinto eyothusayo kunokusebenzisa ifoni kwaye ibonisa ukuba uyazi into oyenza.

Isahluzo 5 — Yintoni Ebonakala Ngokwenene Ukuba Iyincedile (kwaye yintoni nje okwaziwa ukuba iyanceda)?

I-CENTURION – Umgca wokuba "ubonakaliswa ngendlela engalungileyo" uphakamile kunokuba ucabanga, kwaye uthe xaxa ngeendlela ongalindelekanga.

5.1 — Izinto ezibonakala zingafaneleki.

Ukuhamba.	Kungenxa yokuba kungabonakala kungalungileyo.	Isilungiso.
Intyutyu kumoya—amathambo axubekile ngokukhululekile, kwaye ugqobho uphantsi nangentla ngokuphindaphindiweyo kumlingo ofanayo nomuzik.	Ukunyuka kwezandla akunxibelelene nomtyobo. Izandla ziyanyuka kuba kufuneka zithuthukele, hhayi ngenxa yomculo. Kubonakala njengomntu othatywe kwaye utshiswa ukuba "unyukise izandla zakho" ngaphandle kokufundiswa ukuba kungubani umbuzo.	Iintsizi ziya kude xa umculo uyalufuna—ukudlala ngomculo kunceda ukuba iintsizi zinyuke phezulu, ukuyeka komculo kuyakucebisa ukuba iintsizi zihlale zixhomekeke, ixesha lokungathathi phantse kunceliswe ukuthula. Iintsizi eziphendulayo kumculo zibonakala njengokuba zenziwe ngokucwangcisiweyo. Iintsizi ezilungelelanayo ngokuqhubekayo zibonakala njengokuba zinyanzela.
Ukudlala intliziyo ngokuqhubekayo—ukuthandaza kakhulu, kungaxhomekeki kumilinganiselo yombulelo.	Ukudlala intliziyo ngokushesha nangokuqhubekayo luvakalisa ukuba umntu uzama ukufumana irhitimu, kodwa akazifumananga. Intliziyo idlala indima yomzimba ongasetyenziswa.	One deliberate nod per phrase — not per beat. The head move is a phrase-level punctuation, not a beat-level response. Let the body carry the beat. Let the head punctuate the phrase.
I-shuffle yee-1980s – ukudansa ngokutshintsha amagxaba nganye nganye ngaphandle kokunyusa umzimba, amagxaba ahleli eduze kaphondo, imithambo	Ngokungathathiwebo ukutshintsho kwisisindo, ukunyuka kubukeka njengokwenziwa ngamanye amanyathelo kuba kunjalo. Amathunga aya, kodwa umzimba awuphenduli. Oku bubukhulu bomyalelo we-MTV obomileyo—kuyinkomba yesikhathi esithile yochukumisa	Xa inyathelo yezinyawo zekunene ithathwa, wonke umthamo uyahlala kuyo. Iimbovane ziphendula ngenxa yesayensi yomzimba ekufuneka ukuba iwenze xa umthamo uhanjisiwe ngokupheleleyo. Ukudlaza kubambelela kwisinyathelo esimbini.

engahambi.	ekungathuthuki nengoma.	
Ividiyo esenzelwe ngocingo—ukubamba ucango kwiindawo zamehlo kwaye ufaka umbhoxo kumdlalo we-DJ ixesha elide.	Njengoko kuxoxwe kwiCandelo 4. Inkinga eyongezelelweyo: ifoni ekubaleniweyo ibeka umntu ngaphakathi kwendawo, kodwa ikhulula ubuso nomzimba wabo. Abantu bafihla ngasemva kwiscreen phakathi kwendawo efakelwe ukuba abantu babe khona.	Uphawu olulodwa, ubheji olusuka kwi-hip okanye ukukhulu esiswini (umfanekiso ongcono, ungenaziphulo), buyisa ucelulo kwipokotho ngokoqobo.
Ukuthule okubalulekile – ukuma endaweni enye kwi-dancefloor, ngaphandle kokuzilengela, kwaye ubheka ngokucwangqisayo indlu phambi kokuba uqalise nayiphi na into.	Ixesha lokuhloliswa elisezantsi, esecalwini leflo, luyinto endala kwaye iluncedo. Ixesha lokuhloliswa eliphakathi leflo lubonisa ukungaqiniseki malunga nokuba yimi phi. Kukhuthaza "ukunyuka kwendawo" – intyilelo oncamathiswe ukuyithoba.	Hamba esiphethe kwaye ucoca. Fumana umdlabuzo usahlalela esiphetheni. Ngena kwiflo ngokwenzeka ukuba upho. Ukutshintsha kusukela esiphetheni ukuya kwiflo yinkqubo—ufike uhlala uyidanisa.

5.2 — Izinto onokucinga ukuba zingalunganga kodwa azilunga.

- Ukudansa wedwa endleleni yakho: akubonakali njengento engalunganga. Kubonakala sengathi kuyinto eyenziwe ngokucokisekileyo.
- Amakhoba avaliweyo: akubonakali ngathi kukho nto engalungileyo. Kubonakala njengokuba efumene intetho yomculo—eyinto echanekileyo.
- Imiyezo emincinci, ephindaphindiweyo: akufanele ukubonakala ngomdla xa ihamba ngokulinganayo. Umntu owenza umtshina omncinci kwaye olula imizuzu emitatu uyabonakala engcono kunomntu owenzela iindlela ezintlanu kweeminitsi embalwa kuphela.
- Ukungazi zonke amagama yale ngoma: oku kuyinyumba yomculo we-elektroniki. Ngokuvakala, akukho naziphi na izithembiso.
- Ukuhamba ngendlela eyahlukileyo kwaye ingabonakali njengento engalungiyo. Ukuziva kumculo kuyintandathu yomntu ngamnye. Umntu ozivayo kwi-hi-hat kunye nabanye abakhululekile kwi-kick, akufanele kuthiwwe ukuba uyenzako nto engalungiyo—uye wafumana inkangeleko eyahlukileyo.
- Ukuhlaziywa: Akubonakali ngathi kukho nto engalungileyo. Kubonakala njengoko ucule.

5.3 — Umthetho Omnye Olayihlela Yonke Into.

✦ ISIDINGO — ZIBHALA. Ufuna ukubonakala njengomntu ondanisa okanye umntu ongandansi, kodwa ingakabi nto ngamanyathelo ongenayo. Kubalulekile ukuba iinyathelo ozithatha zifezekiswe ngokupheleleyo.

Umzabalazo omncinci owomile lusebenzela ngakumbi kunomzabalazo omkhulu ongomi. Oku yile "tango principle" esenziwe senta eyodwa. Umntu otyala amanyathelo mabini ngokutshintsha ubunzima kwaye enjongo, kwindlela efanayo yonke ixesha, ngexesha elifanelekile nomculo—ubonakala enokwenza kakuhle kunomntu owenzela iinyathelo ezintandathu ezahlukeneyo ngobunzima obuncinane kwaye ubonakala engenaqiniso ukuba uyenzile kakuhle.

Zibandakanye kwaye uphinde uzifundise ngokuqhubeka kwindlela oyenza ngayo into. Fika kule ndlela. Vumela enye ukuba ifumane ikhefu yaye iqalise ukusuka apho. Ukungathathi kancinane phakathi kwezinto onceda kuzo yindawo apho ubunzulu bomntu buhleli khona—hayi kwizinto onceda kuzo ngokwazo.

Isahluzo 6 — Umzila Wokuzilolonga: Ukudansa yinzilo ukuba uyidlala ngendlela efanelekileyo.

I-CENTURION – Umzimba osezintweni ze-145 BPM (beats per minute) iiyure ezintathu uyenza nto. Yazi ukuba yintoni.

Ubhungkukazi lwe-Recovery Kernel, oluchazayo ukwakhiwo lwengqiqima yomzimba, lubalulekile kakhulu ukuba umntu enze imithambo emikhulu nangokuphindaphindiweyo njengenye yeenzuzo ezibalulekileyo ezingeyona eyokunyanga. Iintsuku ezintathu kumcimbi we-techno—ukuba umzimba usetyenziswa ngokupheleleyo kungekhoyo ukuba umntu uqwalaselwa ngeselula—zifikelela okanye zidlule kwiiphuzu zemvelo zomthambo omkhulu. Umbuzo ngoko kukuthi ezi ntshukumo zeziphi ezibandakanya yintoni.

Hambisa.	**Iimvakalelo ezisemzimbeni eziqiniswa kakhulu:** *** Iimbovane.** *** Iingalo.** *** Iintsapho.** *** Iimbamba yeehlovu.** *** Iimbamba zeesanduku.**	**Ubunzima bezicubu.**	**Iinzuzo ze-Recovery Kernel.**
I-Bounce (eyisiseko).	I-quadriceps, i-glute, iinyanga (ukulayisha ngokungqinelwa kwiingqwetha ezithambileyo), ii-hip flexor kunye nokutshintsha ubunzima.	Ephantsi—inokwenzeka ngokungabonakali kwaye ixhasa ubomi olulindeleyo. Inxiba ingqiqweni kunokuba yinto ebangela ukukhubazeka kweentliziyo.	Ukuvuselelwa kwe-endocannabinoid ngokuphumayo kokuqhubeka komjikelo omtsha. I-BDNF iqalisa emva kweminithi malunga ne-20 yomjikelo omtsha onobunzima obuncinane.
Iintambo ezimbini (ukudluliselwa kwesisindo esipheleleyo).	Iimbovane (eyona nto – nganye into oyilayisheyo, iimbovane ezikuyo yindlebe ziqala ukusebenza), izinto ezivuleka kwiingubo zangasese, imilenze, nezinto ezinceda ukuzinza kwengubo yangasemva.	Phantsi ukuya kwi-phezisa—kuxhomekeke kumlingo welixa kunye nobungakanani bomthamo.	Ukuqinisa ubuntlalo beenyawo. Ukudluliswa kwesisindo kwiilebhasi ngokuqhubekayo kufana ngokuthe xesha neenyawo ezisongweni—umhlaluthi wokuthintela imiba yeenyawo kunye

			neenyawo. Ukudansa kweklabhunga njengokuziqhelanisa nokomeleza kwindlebe.
I-Stomp (iphelele).	I-calves (ukuthintela ukunyibilika), i-quadriceps (amandla okuhlala), i-glutes (ukulahlekelwa kwisisindo), i-anterior tibialis (iphase yokunyuka), ii-hip flexors.	Kubinzima ukuya kwi-140+ BPM—ukudansa ngesikhathi se-hard techno kunomsebenzi oqinileyo we-plyometric.	Kumlingo we-150 BPM oqhubekayo: ukudumba kuyalingana nomzila wokuzilolonga kweentliziyo malunga nokukhuphazwa kwegazi. Ingxaki yokucocekeka kweenyawo (isahluko B kwi-Addendum) ithathekile amaxesha athile apha—iinyawo kunye neenyawo ziqinileyo zisebenza nzulu. I-electrolyte ibalulekile.
Ukujonga umzimba (ukusuka kwi-chest ukuya kwimvama).	Iimbovane zeziphefu, iimaski (ukusebenzisa ngokulawulwa ngokuphindaphindi) kunye neenyawo zentloko (ukujikeleza ukuba kuxutywe).	Ezantsi—kodwa yeezinto ezifundisayo zokunyibilika kwempungudlovu.	Ukuhamba komsila. Abantu abathambekele kakhulu ekudlaleni ngokuphinda-phinda eziko lokuhlengwa (club) banga bonge nakuba bona abangayithambeki kangako. Ukuthambeka kubandakanya ukunyuka kwesilisa ngamanye amabakala, okufana nokuziva kweyoga "cat-cow" kodwa ngekhithi engama-128 BPM.
Amalunga aphakamileyo (ukunyuka kwayo kunye nokugcinwa ngexesha lezinto ezakhelwayo).	I-deltoid (engxenyana kunye neyasekuqhweni), i-trapezius (phezulu), abaxhasa ukuzinzileyawe-	Ephantsi—kodwa umsebenzi wokomeleza iingqalamba.	Umntu ogubungilele izandla kwaye uphinde ngokuphindaphindiwe imizuzu emihlanu, uyenza umsebenzi

	rotator cuff.		oqinileyo we-isometric/endurance kumagxenge (deltoids). Akuyona into encinci. Oko kusikhumbuza ukuba kuthiwani xa isithubaliso esilandelayo apho izandla zisezantsi emva kwexesha elide apho izandla zisexakekile—amagxenge athambileke.
I-Lean (eqinisileyo).	I-core (ukujonga - ukuthambeka kuqala kudinga ukuqinisekiswa okungabonakalanga kwesisu esingaphakathi kunye ne-obliques), iimifuno, i-erector spinae.	Ukuzinzisa okuncinci—kodwa okuqhubekayo kumgca omdaka.	Ukuhlala kwi-lean eBerghain iiyure ezisixhenxe yinkqubo yokuzilolonga eqinileyo. Ukukhathazeka kwempumulo emuva ngemva kwezicelo ze-techno ezinde kuphakanyiselwe ngokwakhulu kukubambezeleka kwaye kungabonakalisi kuphela ukuhlala, kodwa kunokuba yinkqubo yokucinezela engqongqo.

6.1 — Ukutshisa iikhalori ngohlobo lwedansi.

Ukudansa kunokwenzeka kwiindawo ezahlukeneyo, njengemida, iziko zonyango, okanye ngaphandle. Uhlobo lwedansa olukhethweyo luyanceda ukuba kwakuhambisana nommandla.	**Icalulo elisecalitori elifumekayo ngelixa oyenza into nganye ngehora.**	**Umsebenzi ofanayo.**

Ukubamba iiphoni, ukuncamelana kancinci (okuyinto esetyenziswa ngayo abantu abambalwa kwiifestivali).	Iikhalori ezili-80 ukuya kweziyi-120 ngehora — zifana nokuma.	Ukuhlala. Ayinkqubo yokuzilolonga.
Iimbini ezimbili kunye nokutshintshiya ubunzima obucwangqisileyo, umculo wase-house.	250–350 iikhilori/ihora.	Ukuhamba ngokushesha. Umsebenzi onento uqiniselo.
I-full bounce enezihlelo ezimbini, i-techno engama-BPM angu-130–145.	350–450 iikhilori/ihora.	Ukugobhoza ngesantya esibanziweyo. Ukuqeqesho oluqinile lwegalelo lempilo.
I-full stomp kwi-hard techno, nge-BPM engu-145 ukuya ku-160.	450–600 iikhilori/ihora.	Iklasi yee-aerobiki, ukugijimela. Umsebenzi onamandla kwaye uqhubeka ixesha elide.
Ukuzibandakanya kwegazi elipheleleyo — ukujikijika komzimba, ukuphakamisa amathe, ukudumba ngeminwe, ukuhamba ngokuhlala.	500–700 iikhilori/ihora.	I-HIIT ngamaxesha afutshane, kodwa ngamandla aphakathi. Yeyona nto enokubangela ukuba abantu abathatha iinwele kwiimeko ezifana neyomcimbi onamandla bashiye amagcalafuna amaninzi kunale nto abalindele, kwaye yinkqubo ebonakalayo yokutshintsha ama-electrolyte.

Idatha yezinto ezinomthamo ibonisa ukuba kutheni iingxaki zeesinyithi ziqala, kutheni intambo yeminerali iphantsi, kwaye kutheni ukutya kubalulekile ngosuku olude lwentloko-ntle. Umzimba osebenzisa iikhalori ezingama-500 ngehora imizuzu emine uyenza umsebenzi weekhalori ezingama-2000. Ihotdog esitolo sokuthengisa ayiphelele le mefuzo. Bona ingxenye yezinto ezifuneka kwi-Addendum.

Isigaba 7 — Uphondo: Siyabanga kwaye oko kulungile.

I-CENTURION – Umzimba omuhle obubonakala kwiindawo zomphakelo akuyona into ekukhangeliseni ngayo. Yinxalenye yendalo yomthombo wolwazi.

Iphethelo lilokishi lezinto ezenzeka phakathi nabantu. Lihlala kunjalo. Amakhlabhu aseChicago apho i-house idlalwa kuyo nangemihla yangaphambili kunye nemibhangqwana yaseNew York apho kufunyaniswa khona imifanekiso, zazingendawo ezikhethekileyo zokuncintsalela. Umbindi kunye nokuntanga kwe-techno eBerlin kuxhomekeke ngokwengxelo ekusulelekweni kwendlela yokubonakala okanye ukuncintsela—kodwa oku akususi, kodwa kushintsha into echazwayo yokuphikisana (ubunzulu bomhlalaphansi, ulwazi lomculo, amandla omzimba).

Ukuzimela ukuba umgca wokuqala womdlalo awudingi ukufakwa kwenza ulwazi lube ngengqiqo kwaye lungenandlela. Ukuyithobisa ngokuthe ngqo kuyenza kube yinto eyinxephezana:

Iqiniso lokuncintwana.	Ndingayifumana phi inkcazelo?	Ndingayifumana njani inkcazelo?
Abantu bahlolisana nabanye kwi-dance floor. Indlela obukubukwayo, indlela oyithuthu ngayo, nokuba ubonakala ukwazi ukuba phi—zonke ezi zinto ziloliswa ngokomntwini. Oku akuyona into eyenzakalisa. Yile nto ehamba xa abantu bakhona endaweni yobomi bomphakathi ndawonye.	Ukukhululwa kwe-oxytocin yi-MDMA kunye nokuncitshiswa kwayo kwe-corticolimbic ngomlilo, zombini ziyanciphisa ukuba yintlanzi kwindlela esibonakala ngayo. Ukuzikhathaza okubangelweyo yile ndlela enxiba yokuncintisana, kwaye kuncedwa ukuba luyekwe ngeenyawo zemithi. Yeyona nto ekhangeleka ekusetyenzweni kwezi mithi kumisiceli yodansa.	Amakhono okudansa athinta indlela esibonakala ngayo umgca wemincintiswano, ukusuka kwinto ekufanele iphathwe ukuya kwinye enokuzibandakanya kuzo. Umntu onako ukudansa akuxhobise imicimbi—uye wabambelela kumhlaba kunye nomjikelo womdibaniso. Ubungakanekanga bomjikelo bususisekileyo xa abantu badansa ngendlela entle.
Iimbovane ezithakazelisayo: kukho uhlobo oluthile lobuqhanda obuya phakathi kwezinto ezifanele, ngexesha leseti engabonakalanga ukuba iyanelisa, okanye elinde umculo okanye umntu. Olu buqhanda lubangela ingxaki kakhulu kwindlela yobomi	Le nto ibhekana nomdla ngokunciphisa ubunzima bomlingo. Ukubaluleka komdla kukhona, kodwa kunyusa ngakumbi. Oku kunjalo umsebenzi oqinileyo wezinto zokuxhasa ezisetyenziswa yintlangano—kodwa kunjengoko ukudansa kufana nayo,	Ukuzibandakanya ngokusebenzayo nomculo kukhulula ukubaluleka ngokupheleleyo. Akukho nto enokwenzeka ngokwezinto zombili ukuba uphile ngelixa udansa ngonjalo. Umzimba onikwe inkxaso yirhitimu yomculo awufanelanga ukuziva ubuncinci. Oku

xa abanye bambalwa abathumela.	kodwa ngaphandle kwindleko yezityalo.	yindlela emandla yomzimba yokulwa nobubaluleko.

7.1 — Intetho neMphendulo: Idansa Yamacandelo engenanto eyenziwa ngendlela engahlalanga.

Uphondo lwedansi lunolwimi olungathiywa. Funda kwaye utyalo ngalo.

- Ukujonga amehlo: kufutshwana, kunomdla, kuthunyelwe kwimibala. Akuyona ukujonga ixesha elide, akukho ukunyusa iimeko. Ixesha elifana nemizuzu embalwa yokwazisana phakathi abantu abahamba endaweni efanayo—enokuba luhlala kumzuzu omnye—ngumgca olula kakhulu wolwazi lwamaqela kwindawo yodansa.
- Ukuba umntu uqala ukunyuka ngendlela efanayo nomnye umntu osemngeni wakho, oku kuyinto eyayikhoyo kwezinto ezisetyenziswa abantu. Xa oku kwenza ngokwaziwa phakathi komntu kunye nomnye, yindlela enye yamaxesha angenele kakhulu esenokufumaneka kumklubhu. Akukho mntu ofanele ukuyalela into. Kuvela elunxibelelwano oluseduzana kunye nokuphendula umculo.
- Ukwandisa: kwiimeko apho ukudansa nabanye kunokufanelekileyo, umyalezo usetyenziswa kakancinci. Ukujonga okuncinane kumntu omnye, utshintsho lwegunya oludala isithuba kwelinye icala, ukubheka ngamehlo ixesha elide ngexesha lempikiselo yomculo—ezi zinto zezilimi. Impendulo ingaba ukujonga okufanayo okwenza ubushushu okanye ukuqhubeka nokujonga olunzulu. Zombini nawo yimiyaleli epheleleyo neyivalekileyo.
- Isixeko: Xa kusenza indluphunga phakathi kwabantu kwaye abantu baqala ukuziqela, le ndluphunga yimvuthazo. Ukungena kule ndluphunga kuthetha ukwamukela ukuba wonke umntu okhoyo uza kukubona. Oku akuyingozi—yindlela yokudansa efana nokuthatyiswa kwemakrofoni. Ungene kuphela ukuba uyayilungileyo ukuzibophelela ngokupheleleyo kwayo nantoko na oyenzayo. Akufunekanga wenze into engavamile. Kufuneka wenze into efezekileyo.

SECTION 8

* Ukudlala ngobunzima bomzimba kunokuba neenzuzo ezininzi, kodwa kubalulekile ukuba uqaphele iingxenye ezithile.
* Qiniseka ukuba uyenza uhlobo olufanelekileyo lokuqeqeshwa kumdla wakho nomsebenzi womzimba.
* Yenza ukuvuvuzana kunye nodokotela okanye umhlangenya wobuxhobodo ngaphambi kokuba uqalise inkqubo entsha yokuqeqeshwa.
* Ukuphuma kakhulu kunokukhokelela kumngaqala, ke ngoko qiniseka ukuba uphumile ngokuthelekiswa nomsebenzi womzimba wakho.
* Yidla okufanelekileyo kwaye uphilise umva ukuze uqinisekiswe ukuba umzimba wakho unamandla ngokwanele ukuqeqeshwa.
* Ukuphumla kubalulekile, ke ngoko yenza iintsuku zokuhlala phantsi kwengxenye yokuqeqeshwa yakho.

SECTION 9

Iingcebiso ezininzi malunga nokudlala ngobunzima bomzimba:

* **Yenza uhlobo olufanelekileyo lokuqeqeshwa kumdla wakho nomsebenzi womzimba.**
* **Qiniseka ukuba uyenza ukuvuvuzana kunye nodokotela okanye umhlangenya wobuxhobodo ngaphambi kokuba uqalise inkqubo entsha yokuqeqeshwa.**
* **Ukuphuma kakhulu kunokukhokelela kumngaqala, ke ngoko qiniseka ukuba uphumile ngokuthelekiswa nomsebenzi womzimba wakho.**
* **Yidla okufanelekileyo kwaye uphilise umva ukuze uqinisekiswe ukuba umzimba wakho unamandla ngokwanele ukuqeqeshwa.**
* **Ukuphumla kubalulekile, ke ngoko yenza iintsuku zokuhlala phantsi kwengxenye yokuqeqeshwa yakho.**
* **Ukuba ufuna ukwenza uhlobo olutsha lokuqeqeshwa, qiniseka ukuba uyifunde kakuhle kwaye uqalise ngokubuphumelelayo.**
* **Ukuza kusetyenziswa izixhobo ezintle**

kunokuba lunzima, kodwa kubalulekile ukuba usebenzise iimveliso eziphathekayo.
*** Ukuba unengxaki yokudlala ngobunzima bomzimba, yenza ukuvuvuzana nomhlangenya wobuxhobodo.**

Ilayisensi yezinto ezifunekayo.

Electric Slide · Running Man · Roger Rabbit · The Spin · The Train · Russian Doll · Kwaye yonke into enye.

Dance Entropy · Ivenkile leenkampu zokudansa · Indawo yezinto ezidala · Inkqubo yokusindisa abantu bezizukulwana ezahlukeneyo.

Umhlaluthi ngamnye udala indlela entsha. Yonke le ndlela iyatholakala.
Umntu oqala ukudansa ngaphambi kokuba wazalwe, unento afundisa kuyo. Yeka ukuzibonela njengomfundisi. Funda kumntu uyo.

Isigaba 8 — lilweto ezisisiseko.

I-CENTURION - Ezi ndlela zisebenze kwaye zisindile. Yazi zona.

Yonkako yonke into ekhiwe kule ndawo yobuntwana ngumgca wencoko yenkcubeko. Yenziwe liqela labantu elithile, kwiingcebo zombhoxo ezithile, ukubonisa into engabonakaliswa ngeelwimi. I-"Running Man" ivela kumoya womncintiselo wase-"break-dance". I-"Electric Slide" yimveliso yamanyathelo ezingenxenye aseCaribbean. I-"Roger Rabbit" ivela kwixesha elithile kwebhali yamaNtu. Ukwazi la maanqaku kukwazi umlando wawo, nokuba uphinde uzibonise kwenye indlu emnyama nge-128 BPM.

Umzuzu ngamnye uquka: ipateni yesenzo, umda we-BPM apho usebenza khona, uhlobo lwezenzo olumvela kulo, kunye nento eyenza ukuba uzilungise ngokungachanekanga vs. into eyenza ukuba ungazilungisi.

8.1 — Ukwakhiwa kunye neZinto Ezenzakaliswa Ngokubambisana.

Ezi zinto kufuneka abantu bama-mbini kwaye zisebenza ngcono kumakhulu. Yile nto esenza ukuba kube lungele wonke umntu kwiindawo zokudansa—ezinto ezibandakanya abantu kungekhona ukubonisa.

I-Electric Slide.

Electric Slide - Marcia Griffiths, 1976. Le yinto eyayixhaphazwayo kwiindawo zokudansa ngexesha leeminyaka zawo-1980 kunye neemiyeza yawo-1990.

Iphethini yesigqibo.	Ixesha.	Ndingayenza njani ukuba ibukeke ilungile?
Phase 1 — KWAKHO: Shaja inyawo elungile ecaleni. Thenga inyawo ekho ukuthi ijoyine. Shaja inyawo elungile ecaleni kwakhona. Tshintshela inyawo ekho uze ifane neenyawo (ungaenzi mnandi). Oku kukubali kwezinto ezine, ujikeleza. Phase 2 — KWESINI: Bhala. Shaja inyawo ekho ecaleni. Thenga enyawo elungile ukuthi ijoyine. Shaja kwakhona. Tshintshela enyawo elungile uze ifane neenyawo. Kubali kwezinto ezine, ujikeleza. Phase 3 — EMVA: Thenga inyawo elungile emva. Thenga inyawo ekho emva. Thenga inyawo elungile emva. Tshintshela kwaye uthinte inyawo ekho uze ifane neenyawo. Kubali kwezinto ezine, ujikeleza. Phase 4 — UKUJIKA: Thenga phambili enyawo ekho ngathi uyatshala umqulu wokujika kwasekho (ngoku ubheke Ngoko ke, yinkqubo efana nokwakha ulwandle olutsha. Yiyo le nto ezenza ukuba iidansi zomile	Kufanelekile kwi-tempo yee-90 kuya kwe-120 i-BPM. Usebenza kwi-tempo ye-R&B, pop, kunye negosphel. I-"Electric Slide" ilungiselelwe ukuba ifanele ezona ndlaloyini ezininzi—ubali lwayo lunokuguqulela ngokukhululekile ukuze lufanele.	I-slide yile ndawo yokudansa, ayisonjululelo. Iinyawo zihamba ngokuqheba phezu kwendlu—kufuneka kube neentshizi ezincinci kwaye uziveze. Ukuba iinyawa zakho ziyenyuka kwaye zithathe amanyathelo, udansa uhlobo olunye. Gcina iinyawo zakho zisezantsi. Intshoko ekupheleni kwengxenye nganye kufuneka ibe yintetho ecacileyo—ungasuki ngokukhawuleza.

zisebenze—bonke abantu baphoswe kwindlela enye kwaye bathuthukelise kunye ngexesha lokujika.		

Ukubamba umgca: Bonke abantu baphoswe kwindawo enye, kwiza. Amandla e-Electric Slide kukubonakala kubani bonke—bonke abantu behlala ngendlela efanayo, zithuthuka ngokufanayo, zivolwa ngexesha elifanayo, zibheka udonga olulandelayo ndawonye. Ukujoyina umgca kulula: faka ubutyebi bakho ekupheleni kweza, ubukele umntu osezantsi kwakho kwi-cycle enye, emva koko ungene kwi-pivot elandelayo. Akufunekanga ukwenza isaziso. Ujoyina nje.

Iithanga / Ukufundisa ngokusetyenziswa kwezandla.

I-Train / I-groovi yentshanelo ebalulekileyo kwiiklubu ezininzi ngamaminyaka amaningi.

Abantu ababini okanye ngaphezulu, wonke umntu ubeka iintsapho zombili kwiingqalamba zomntu okhoyo phambi kwakhe. Umntu okhoyo phambi uyaqondisa isikhundla. Wonke umntu uyilandela. Ukudlaza kuyintshintshi yobunzima kunye nokutshabalalisa okusinxinzelweyo kwiqela—xakala ukuba umntu okhoyo phambi utshintsha ubunzima kwakhe ekunene, lo mthetho uyatholakala ngasemva ngeentambo. Iqela luhamba njengokuba lungunyeleko elilodwa.

- Ukubamba iintambo, akukho kumaphondo—umthombo womphimbo kufuneka ube ulula kwaye uthinteleke. Ukuthinta kwegqagala kubandakanya. Ukuthinta kweentonga kuyinto yobudlelwane. Iintambo zikuyiindawo ezisetyenziswa ngabantu abahlukeneyo.
- Ukubamba kuncinci—ukuhlala kuphela, akuyona ukuba ngokuqinileyo. Imiqondiso iyilandela imilenze njengoko iyenya, kungekhona ukuyitshisa.
- Umhambi oqala uhamba ngentambo yethanga: uphambile, usukuma, udlula phakathi kwabantu. Amathanga amakhulu ayenzi msebenzi ngokulungiswa—ayinyibilika, aphinda umbuyiselo, ahambela kuyo yonke indawo. Njengokudansa kwe-conga kodwa kunye nokuba ngcono nangokuvumelanisiweyo.
- Indlela esithambileyo kwi-trey iyanxiba: ukunyuka komntu ngamnye kunakuzizwa umntu osempuma kwabo. Ukudlala ngokuhamba ndawonye kule chain kuvelisa umphumela weweyi ekwaneliseka kakhulu—umzimba ufumana irhitimu yomnye umntu ngezandla kwaye uyayikhulisa de ebuyele kwindlela.

Isebenza kwi-110–130 BPM. Ilungele kakhulu kumculo we-house kunye ne-R&B. Inokuzisetyenziswa kwaye ifanelekile kuyo yonke i-tempo apho ukunyuka kwabantu ngobungqina kungaba nakho.

I-doll yaseRussia.

Iklubu yama-LGBT+ kunye neendawo zokuhlala nabantu abathile.

Abantu ababini (okanye abathathu okanye ngaphezulu) abamile endaweni enye, umntu othethweyo ukhona emuva komnye ongenelelayo, amakha alungele ngokungenenelela ebusweni okanye kumakhwapheni omntu ongenelelayo ukusuka emva, bobabini bedansa ngendlela efanayo. Njengamathoyizi e-Matryoshka—omnye ngaphakathi komnye, enefomu elifanayo kodwa ngobukhulu obahlukeneyo, behamba njengokuba ngumntu omnye.

- Umntu ophantsi (emva) kufuneka alungele ukuhambela ngokulingana nomntu ophezulu (ngaphambili), kodwa akufanele uzame ukuphatha ukuhamba kwakhe. Zizwe into umntu ngaphambili eyenza kwaye uyihambele. Emva koko, lungisa amandla ohambo lwakho de nibe yinto enye. Umntu ophantsi uza kuziva ukulingana kuleyo ndlela kwaye uya kuqinelana nayo.
- Indlela yokubeka amathendi: ubekwe ngasemva, esondela kwi-waist, kodwa ungabambeki. Ukuthintana kuyinto yokuphumilela, hhayi ukugcina. Umntu unokutsiba ngasemva kunye nexesha lokuba aphume—olu uhlobo lwedansini yoluntu, hleliyo.
- Ukutshintsho oku kunjalo kubaluleka kakhulu ukubonakala, kwaye usebenza ngcono xa kukho umehluko omkhulu wobude. Ukubekwa kwengxenye yenye ngaphakathi kweyenza ibonakale njengokuba umntu omncane ufiweyo kumntu otyibiliki.
- I-doll yaseRussia ingaxelelwa: umntu wesithathu ungafaka emva komntu ongaphandle, ephethe yena ngendlela efanayo. Ukufakelwa kungaba kwiindawo ezintathu okanye ezine xa kunjalo imvakalelo yobungqina. Kwakhona, oku kuya kuba ngumgca wetyhini.

Xesha ekwenzeka: Ngokuthe ngqo kwiintsuku zemvuzo omkhulu yeqela. Inokuqaliswa ngokubeka iintambo phezu kwentloko yomntu osemqolombeni wakho ngexesha lengoma eyenza ukuba uhlakele—ukuba umntu ukhululeka kwaye uphoswe, unayo into ethi "Russian Doll". Ukuba umntu uyathuthuka, akunandiphethe ekwenzeni le nto. Zombini iimpendulo zifikelela.

Ukugxothwa kweentliziyo (umgca wokugxotha iintliziyo).

Umbutho wase-"Grope the Shoulders" kunye neendawo zokuzonwabisa zabantu abambelelane—ubekwa kwiindawo ezinkulu.

Akuyinto eyathiweyo. Kwiintsomi zokudansa, oku kuxelelwa ukuba ngumjikelo wendalo womntu wonke apho isikali okanye iqela liqalisa khona ukudansa ngelixa linikezela kumntu osezantsi kwabo ngokuphindaphindiweyo kokubhabha okuthile

okomile okusekufuthe okuhambisana nomjikelo. Bonke bayamfumana kwaye banikeze ngokulinganayo.

- Mima kwiintlango ezivulekileyo okanye umgca. Isandla esasekho kwiside esomileyo somntu osekuqala ngakwesokhudulwano. Isandla esasekunene kwiside esomileyo somntu osekuqala ngasemaphandleni. Manje, jiva. Xa umdwebo uza, wonke umntu uyancedisa iintshinge ngokukhawuleza kwaye ngobubele. Khuphula. Cinezela kwimidwebo elandelayo.
- Ukuhlangana kwendlela yokunika kunye nokwamkelwa kwenza umvuzo olumanyano -- uza kuba ngumnikazi kunye nomamkeli kwixesha elinye. Oku kunjengeyona ndlela yochukumiso ezimbalwa eqinisileyo enxibelelana nokuqeqeshwa komntu kwaye ifundisa ukunakekelana ngokubalulekileyo njengokunyuka.
- Ukudlala kwezixhobo kufuneka kube ngokuqala kunye ne-3, okanye kwi-downbeat yencoko. Kufanele ukuba luhlangene, olulula, kunye nokucaca kwendalo.
- I-'groove' yomhlathi: amanye amaqela asisebenzisa oku njengokongezwa eluqhubekayo kumatyala okudansa—isandla esinye kwi-intambo yomntu osezantsi, ubunzima bugunyaziswa ngomusho, isandla sihamba kancinci ngokuhambelana nomzimba. Kuncoko kunokutyila, kungcono ukuba kulungileyo kunokudansa olumgca.

8.2 — I-Archive yeeminyaka yee-1980.

Le mizikama yaphuma kwiintlanganiselo ezithile: ukukhuliswa kweevidiyo zomculo, inkcubeko ye-aerobics, ukujoyiniya kwe-New Wave ne-hip-hop ekuqaleni kweminyaka, kunye nokunyuka kwe-breakdancing. Zifakwe kwiqela leenkultshi zobukama. Xa uzikhulisa, ukhankanya into ethile.

Move	Iphethini yesigqibo.	Uphuma phi / ixesha	BPM / uhlobo lwendalo.
I-Running Man.	Yinto ndlela yokwenza. Mima ngamagqithi ajikijeke. Qhubeka ngophondo olunzulu kancinane ngomphimbo oze uthinte umkhakha odakayo, de uqalise ukunyusa ingxenye yomkhakha odakayo esiswini sakho, kwaye intambo yakho yangasekho iye emuva. Ngokuxhomekileyo: ubeke uphondo olunzulu, landelela ngophimbo olandelayo ude uthinte isiswini sakho, kwaye intambo yakho yomphimbo iye emuva. Umfanekiso: ubonakala njengokuba uyagxoba endaweni enye kodwa awuya ndawo. Okubalulekileyo kukunyusa ingxenye yomkhakha ngokuhluka-hluka— ngaphandle kokunyusa ingxenye yomkhakha, kuyinto yokugxoba endaweni enye. Ngokunyusa ingxenye yomkhakha: yi-Running Man.	Uphambili lwawo luyakhunjuzwa ngabaxhasi abafana noMC Hammer noBobby Brown, kwiinyanga zika-1988 ukuya kuthi ga-1990. Umgca omkhulu womsebenzi wokuzilolonga onamandla weli ntsuku ubonakala ngokuthe ngqo— le ndlela yokuphimisela amandla. Yaba yisixhobo esisisiseko selo xesha kwaye yadlala indima ebalulekile kwinkqubo ye-rave e-United Kingdom.	90-120 BPM. I-hip-hop, i-house yokuqaleka, i-pop. Ukudansa okubizwa ngokuba yi-"running man" kumtambo we-techno (130+) kunzima kakhulu— kufanelekile njengokungena kwexesha elithile kuphela, hhayi ukudansa ngokuqhubekayo ngale ndlela.
Roger Rabbit	Qala ngamagqolovakazi ahlangene. Yenza ingxenye yezibini	Ihip hop yeevempilo yamva wonyaka wama-1980. Igqitywe ngugesi olumdaniso	85-115 BPM. Ihip hop, i-R&B yendulo. "The Roger Rabbit"

	yakho iphume kancinci, ngelixa uyisebenzisa inyibilika elingekude (ukudlulisela). Buyisele phantsi inyibilika lakho elingekude. Yenze ingxenye yezibini yakho iphume kancinci kwakhona (ukululama). Yenze ingxenye yezibini yakho iphambane ukuze ifike kulungileyo. Into eyodwa ebonakala ngokusisiseko kukuphatheka-ukululama-ukuqhutswa—inyibilika idluliselwa emuva kwiiphondo kunokuba iyenziwe ngokucwangcisa.	womlingo. Yayingudlala kakhulu kwevidiyo zomculo kunye ne-MC Hammer. Le ndlela yokudansa ibonakala njengokuba yenzelwe imilingo, ubunzima buphantsi, ukunyuka kubuhle, kwaye ukubambezeleka kuyahlosiwe.	ngumzilo oqala kwiimpempeko zehip hop—ukuba uyinyusa, ibonakala njengento yesixa esidluleyo kumabhalobhadlel a amaninzi namhlanje, kodwa ukuba uyayenza ngonakddo, ibonakala njengento entsha.
I-Worm.	Indlela yokwenza i-"worm": * Mima uphezu komhlathi wakho, njengokuba uphosa. * Nciphisa amagxa akho de afe kwenye indlu ngelixa ukunyusa intloko nefundo - umgca uyathuthuka ukusuka kwintloko ukuya kumagxa. * Emva koko, nyusa amagxa akho ngelixa unciphisa intloko - umgca ubuyela emuva. * Phinda oku ngokuphindaphindiwe njengoba usiya phambili. I-"worm" yindlela esebenzisa wonke umzimba eyathuthuka kuyo yonke indlu. Ukukhutheze: Oku	Iinkcubu zokudansa, kumabini obuqinisekileyo kwaye ngokuqala kwe-1980s. Enye yezinto ezisemthethweni zokudansa phantsi. Kusafana kwiimfano zokudansa, kwiminye imizuzu emangalelweyo yamakhlabhu, nakuba nabanye abantu kunoma phi umgca badanisa ngokuqinileyo kwaye banceda ukufumana indlela yokudansa phantsi.	Ngalo xesha—intambo ayithathi naliphi na ixesha. Ifundiswa njengesentimenti, hleliyo, hayi njengomculo oluqhubekayo. Yenza elo mxube kanye kuphela, yenze ngokupheleleyo, ubuyele kumgangatho omile.

	kuyindlela ekwenziwe phezu kwendlu. Indlu kumklubyo ngexesha elikhulu ayiyona indawo ecwangqiswayo. I-"worm" ifanele zinto ezithile kwiindawo ezithile.		
Irobot.	Phakama kwaye ucwangcise ukunyuka ngakunye phakathi kwezikhundla. Irhobhothi ayilukhathalanga ukunyuka ngokwawo—ikhatalelweyo kukucwangciswa kokumisa phakathi kweminye imizuzu. Yonke into yokutshintsha yinto yokumiswa, emva koko ukuqalisa okwenziwe ngamanye amanyathelo. Iingqayi, iimbiyazo, izandile, iimpunguzana, iinyanga zonke ziya kuhlala njengengxenye eyahlukileyo enoxhwango olukhulayo.	Iminyaka yee-funk neye-soul, phakathi kwee-1970. Ihlangene nemiboniso yakudala kaMichael Jackson, emva koko yaziswa kwixesha leebhreykdansi. I-"robot" yinkqubo yobuntwana bomjikelo wonke wezinto ezifana neziyilo zokujija kunye nokutshabalalisa.	I-tempo ephantsi ukuya kwemitha - i-80-110 BPM. Isebenza ngakumbi kwiimeko zokuphumla okanye ukuhlazwa kumculo. Irhobhothi ekuthuleni (okanye kufutshane nothuli) yinto efanileyo kakhulu.
I-Moonwalk.	Mima ngamagqithi azime, zombini ezifile phantsi. Shaja inyawo elasekhohlakele emva ngelixa uyakhulisa kwiintsho zeenyawo yakho ekuvukeni. Ngokuxhomekileyo, yisa inyawo elikuvukeni ehlaleni phantsi ngelixa inyawo elisekhohlakele liyakhuliswa kwiintsho kwaye lushaywe emva. Olona candelo olubalulekileyo kukuba: (1) inyawo elishaywayo kufuneka	UMichael Jackson, umphumelelo ka-1983 kwi-TV yeeMotown 25. Enye yeendlela zokudansa ezaziwayo kakhulu kwixesha elidlulileyo. Ivelisiwe kwindlela yokudansa yasemzileni eyayibizwa ngokuba 'the backslide' ekubanjisene ne-funk phambi kokuba uJackson ayifomale futhi anyelele.	88-Ambulensi: 10177 okanye 112 BPM. Ilungile kakhulu kumculo we-pop, i-R&B, kunye ne-soul. Ukudansa okubizwa ngokuba yi-"moonwalk" yindlela yokubonisa ukuzithobela. Yenza loo ndlela ngelixa olunye kwisikhathi kwiingoma ezilungileyo kwaye kuyinto

	lihlale liqonde phantsi, (2) inyawo elikhulisiweyo kufuneka libonakale ngokucacile kwiintsho, (3) ukutshintsha kwisisindo phakathi kweenyawo kufuneka kube lula nangokungabonakali. Umtshado womlingo kaMichael Jackson uyafana ne-70% ngamathambo — umthambo omachanekileyo uyahlanganiswa nonyango ngalinye lokushaywa.		eyinkumbulo. Kodwa, ukuyenza kaninzi ngonxibelelwano kunyango lweentambo.
I-dansi yokuqubeka.	Ukunyuka okwenziwe ngabaxhosa baseMen Without Hats kwiividiyo zabo zango-1982 — ukuma ngokubanzi, amakha axutyiwe kwicala okanye aphakamile, uhlobo lokugxoba kunye nokunyusa amakha. Kusebenziseke rhoqo: nayiphi na into efumanisa umdla, intlekele, kunye nekhwalithi encinci yomhla wokuzonwabisa wasemva kwixesha lase-mpuma. * Gxoba. * Nyusa amakha. * Ubuso abufanelani nomlinganiselo wokuqala. Ona le ndlela efanelekileyo.	New Wave, 1982-1985. I-“Safety Dance” yindlela yokudansa eyenzelwe umculo ongenalo ukuzithatha ngokungqinelile njengokuba kunjengele kwe-techno. Yinkqubo-mlawulo yenkuthazo engenamsebenzi ethile ekubuyeni kwayo ngemva kokuvakala kwenkcubeko yama-rave.	120-140 BPM. Umculo we-New Wave, i-synth-pop, kunye nemibhangqwana yomculo kagesi eyenziwe ngokuphuma kwiminyaka ye-80. Ukuzimisela ekungcebakweni kunokuba ukuchanileyo. Impumela kukukhululeka, hayi ubuchule.

8.3 — I-Archive yeeminyaka yee-1990.

Iindawo zokudansa ngonyanga wama-90 yeyona ndidi enkulu yeenkonzo ezintsha kwiinkalo zokudansa zaseMelika. I-hip-hop, i-R&B, kunye neenyawo zokuqala zendawo yeeklabhb zazisenza izinto ezintsha ngexesha elifanayo, kwaye amavidiyo omculo ayayithumela kumhlaba wonke ngeveki embalini kamva kokuba afike. Ezinye zezi ndlela zinemveliso eyaziwayo eAfrika naseCaribbean ekubalulekileyo, kodwa le nkqubo yezorhwebo yayiyivala— kufuneka zenziwe ngokusetyenziswa kwengxenye yolwazi malunga nokuba ziqala phi.

Move	Iphethini yesigqibo.	Ndingayifumana phi inkcazelo?	BPM / uhlobo lwendlu yomculo
I-Cabbage Patch.	Mizani imilenze engunye, kwaye iinyanga zibumbile kancinci. Izandla ezimbini ziyakutshintsha phambi komzimba ngendlela efanayo— zombini zisukuma okanye zombini ziya kwelinye icala— ngokuya kuthi "ubude" lobuso. Izandla zenze ukutshintsha okuqhubekayo. Umzimba utshintsha kancinci ngokuhambelana nokutshintsha kwezandla. Intliziyo inokudlala ngendlela efanayo. Yinto ekufanele uyithathe njengoko iyivele, kwaye ibonakala ilungile xa uyenza yonke into ngokupheleleyo.	Hip hop yokuqala yeeminyaka ezilishumi elinesibini, eyayithandwa kakhulu yi-Gucci Crew II (ngowe-1987). Yayibizwa ngale ndlela kuba ukunyuka kwesandla kufana nokufuna into kumda weencinane. Yeyona nto ekwaziwayo yaye yayisetyenziswa kule minyaka. I-"Cabbage Patch" yenkqubo eyiyo —akukho ndlela yokuyenza ngendlela engathathi njengokunyanzelela.	85-115 BPM. Ihip hop, i-R&B yendulo. Ukusebenzisa igama elithi "The Cabbage Patch" kwixesha lethu kunokubonakala njengento entle kwaye ifanele ezo zinto ezidala. Usebenze ngexesha elifanelekile kwiingoma ezifanelekile, kwaye abantu baya kuyazi.
I-ngwenya.	Imilenze ibalulekile, imigidi ifakwe ngaphandle. Tshabalala iinyanga ukuya kwicala lezimbini kwaye uyibuyise ukuba ubuhle ngokutsha— iinyaqa zivula noziwa	I-hip hop ne-dancehall ezisondlane ngexesha lokuqalwa kwama-90. I-“butterfly” ineemveliso ezininzi— inguqulelo yeezandla yavela kwiinkcubeko ze-aerobics, inguqulelo yeenyawo yavela kwi-	90-120 BPM. I-hip-hop, i-dancehall, ne-R&B. I-"Butterfly" iyasebenza ngcono xa umzimba ukhululekile kwaye ungaphezulu—

	njengemifane yentliziyo. Oku kuyindlela yokusebenzisa imilenze ye-"butterfly", hhayi indlela yokusebenzisa izandla (ukudlala "butterfly" ngokusetyenziswa kwezandla kuxutywe kwenye indawo kwaye kufundiswa ukuba ayenzi). Indlela efanelekileyo yokuphinda i-"butterfly" isebenziswa kumilenze. Mima ngendlela ebanzi, udlala ngeenyaqa zokuyiphakamisa kunye nokuyitshabalalisa ngokulinganiselweyo.	hip hop ne-dancehall ngaxeshana. Inguqulelo yeenyawo yeyona eyaziwa kwaye yenokuqala.	ukuba imilenze ibalala okanye amagxa awenzi ukuvuka ngokwenene, umphumela ulahlekelwe.
I-Humpty Dance.	Kuyakhulunywa ngu-Shock G weDigital Underground, ngathi u-Humpty Hump. Indlela yokudansa: ukudansa okungenazintloko, kukhulu elingaphambili, kuncinane kwiingqayi, kunye nokunyanzelela okubonakala kwiingqayi. Ukudansa ka-Humpty kufakwe ekubukeni kwendlela engabonakalanga ngokusengqiqweni, kodwa kunento ethile yokulingana nomculo. Into eyenziwa ngokungathathi hlangothi: iindlela zokunyanzela ezibonakala zingaphatheki zilinganiswe nomculo nangona zibonakala zingatshini.	1990, iDigital Underground. Enye yezinto zokuqala ezifundisayo—ingoma ngokwawo ikufundisa ukuyenza. I-Humpty Dance yindlela eyayikhombisa ukuba kukho into entle ekubukeni kwento engaphelelanga ngendlela efanelekile kwiqela lomculo, kwaye le nto yayihloniphekiswa.	90-110 BPM. Uhlobo lwendabuko yomculo yi-hip-hop, enethambo le-funk. I-"Humpty Dance" yimvume —itshisa indlu yokudansa ukuba ubukhulu bomlingo kunye nokungabi nto efanelekile zombini zamkelwe.

I-Tootsee Roll.	Thenga kunene, landa esandleni sokunobumba, landa esandleni esinye ngasemva, landa esandleni esinye, tshintshela esandleni esilodwa de uphele esandleni esomile—ezimbini. Emva koko phinda ngesandleni esomile. Oku yindlela yokudansa yezinyawo. Ingxenye yezandla: zombili iintsapho ziyakhululeka phambili, kwaye amathe ayenza ukujikeleza (ukujikelezela) ngokuhambelana neenyawo. Xa inyathelo iya kwakunene, izandla ziyajikeleza kwakunene. Ingoma ye-69 Boyz (1994) ichaza le ndlela yokudansa ngathi uyenza—enye yezingoma ezifundisayo zokudansa zabexesha.	1994, i-69 Boyz. Umdlalo weMiami Bass. I-"Tootsee Roll" ngumdaniso wasephandle owayesebenziswa kwiindawo ezithile kodwa wathuthuka wazabalaza elizweni ngevidiyo yomculo. Ubonisa umnikelo okhethekileyo womdlalo weMiami bass / booty kumvela wesithuba lokudansa.	90-110 BPM. I-hip-hop, i-Miami bass, ne-R&B. Kungcono ukuyikhulisa kwiqela apho umkhuba wezinyathelo ungenza ukubonakala kobumbeko ofana nomdlalo wenyanga.
I-Kid 'n Play	Abantu ababini bamamitha ngamanye. Umntu A uthambisa intshiza yakhe esandleni esiya kwiintshiza zabomntu B. Umntu B uyagxothwa kwaye ngexesha elifanayo uthambisa intshiza yakhe esandleni. Umntu A uyagxothwa kwaye uthambisa intshiza yakhe ekhohlo. Abantu ababini balingana kwiintshiza zabo ngendlela enokubambisana, kodwa abathintani.	Kid 'n Play, 1988-1991. Igama elifumekayo kwaye landisweyo ngabaxhosa kunye nomlingo wabo u-'House Party'. Yinto ekubalulekile ukuba yenziwe ngokusebenzisana—ayinakwenziwa yedwa. I-"Kid 'n Play" yindlela yokuzibandakanya nabanye kwaye ibambe iingcebo zexesha.	90-115 BPM. Ihip hop, i-R&B. Le ndlela ifuna umxholo onqule kwaye imizuzu engamashumi amane nesixeko yokuziqhelanisa ngaphambi kokuyifaka ekusebenzweni phambi kwabantu. Qala kancinci, yenza ukuba uqonde isikhathi, emva koko uyityhile.

	Inselele kunye namandla kukuhlangabezana—umntu nabani na akuthinti, kwaye iintshiza ezithambisiweyo zibonakala zingadlula kwelinye icala.		
I-Macarena.	Iingalo zombini zikhululekile. Ingalo elungile liyakhululwa phambili (intambo yaphantsi). Ingalo osekho luyakhululwa phambili (intambo yaphantsi). Incalo elungile luvutshwana, intambo iyaphezulu. Incalo osekho luvutshwana, intambo iyaphezulu. Incalo elungile luya kwiingubo zasekho. Incalo osekho luyaya kwingubo yangakumbi. Incalo elungile luhlala ngasemva kweglavu. Incalo osekho luhlala ngasemva kweglavu. Incalo elungile luhlala ngasemva kobuso. Incalo osekho luhlala ngasemva kobuso. Incalo elungile luyadibanisa neentambo zasekho. Incalo osekho luyadibanisa neentambo zangakumbi. Iingalo zombini ziyadibanjelwa emuva. Iingalo zombili zidlulwe phambili. Ukudlala iintambo. Ukujikeleza ngesiqingatha ecaleni. Phinda oku.	Los del Rio, 1993. Onye ilwakalulo yecandelo laseSpani elithintelweyo ngencwadi ye-pop. Yaba yinto eyayikhunjuzwa kakhulu kwihlabathi ngo-1996. I-Macarena yindlela yokudansa ebonakala kakhulu kule minyaka. Ibukho kumitetho, kwiimeko zemidlalo, nakwezinye izikhundi apho abantu bayazama khona ukudansa ndawonye, ngaphandle kokuba bonke babe namava.	104 BPM ngoku—ingoma yendalo. Isebenza kwi range ye-95-115 BPM. I-Macarena ayinanto ethile enye, kodwa iyavela naphi na apho ingoma ibukho khona. Amandla wayo kukuba yinto efanayo kubantu bonke.

8.4 — I-akhawunti yanamhlanje (ukususela kwi-2000 kuya kwaphela).

Iindlela zamanyonyo athandwayo namhlanje zikhutshelwa ngendlela eyahlukileyo kulezo zika-1980 neye-1990—imidiya yombutho kunye nemiboniso emfushane ifakela amavidiyo omculo njengendlela ekhethekileyo yokusasazeka. Indlela enye ingaba yaziwe kwiwo wonke umhlaba kwiiyure ezili-48. Ubomi bayo lufutshwana. Kodwa iindlela zazo zivamise ukubhekisa kwizinto zakudala ezinikeza ubunzulu obungaphezulu kunokuba kukubonakala kwiimboniso zayo ezifushane.

Hambisa.	Iphethini yesigqibo.	Ndingayazi nto ngoko.	BPM / uhlobo lwendlu yomculo.
I-Dougie.	Ukutshintsha ubunzima ecaleni. Vumela intshonge yasekhohlo ukuba idibe phambili nangaphantsi njengoko ubunzima buya ecaleni—ukuphuma okujongene kwentshonge. Phinda ngokuphantshe. Into ekubalulekileyo kukudiba kwentshonge, hhayi ukunyuka kwezinyawo. Izinye izinyawo zihlala zifikelelekile. Yonke le nkqubo yenkuthazo kunye neentshonge ezijongene, enye intshonge nganye ngexesha.	Cali Swag District, 2010. Igama elifumene kwi-albhamu 'My Dougie' ka-rapper uLil Wil (2007). I-"Dougie" ibhekisela kwindlela yokuhamba yomculo we-hip-hop yeeminyaka ezilishumi elinesibini, echithwe kuyo yonke into engaphandle—ukujikijika kweentliziyo ebonisa ukuzethemba kunye nokungenamsebenzi.	80-110 BPM. Ihip hopi, i-trap, ne-R&B. Ukudansa okuthiwa "The Dougie" kuyindlela entshicilekayo—luhlala luyityhefu xa kukhulu kakhulu i-BPM, ngoba ukujikeleza kweentliziyo akuziva ngokucacileyo.
I-Nae Nae.	Qala ngamagqoloshana alawulwa. Phakamisa ingalo ekunene phezulu kakhulu phezu kwengubo, intsalela incinci ilumkile, intambo ixakekile kwaye idangele. Vumela icala elikunene lomzimba ukuba linyuke kancinane kunye	Silento, 2015. I-“Nae Nae” ifumile kwinkunzi uWanda kuluhlu lwevidiyo oluthi 'Martin'—ingcebo yenkqubo yeezamane kaWanda yabanjelwa njengemfundiso yokudansa kwiindawo zokudlala ze-hip-hop eAtlanta phambi kokuba uSilento ayifakele	80-110 BPM. Ihip hopi, i-R&B, itrap. Usebenza ngokudibaniswe nezinye izinto ezivela kwi-sequence ye-Whip/Nae Nae.

	nengalo. Ingalo nomzimba banyuka ngesikhathi esifanayo kwi-beat, ngelixa imigqoloshana iyenza ukudlaza okuncinci. Ngenkqubo: ingalo enye iphakamiwe phezulu, umzimba uyinyusa, imigqoloshana idlaza. I-"Nae Nae" ikholelwa kakhulu kwindlela engalungileyo engeneni epakamiweyo—intambo yeyona nto ebalulekileyo.	ngokufanayo.	
I-floss.	Phakamisa iintsapho zombini ngqo kwiileya ngelixa utshintsha intshingo esandleni esivaliweyo (iintshingo neentsapho ziya kwindlela ezahlukene). Phakamisa iintsapho zombini ngokuthe, uze udlulele ekudlaleni ngesandla esivalekileyo. Le ndlela ibalulekile—iintsapo zidlula phambili kwiintsapho nganye, idlulayo kumgca omiselweyo ngalo mzuzu. Ubungcwangu yinto ebalulekileyo: kodwa nawe udlala ngokukhawuleza, kokuba umphumela ubonakala kangakanani.	Russell Horning ('Backpack Kid'), 2017 — yasasazwa kakhulu xa wayeyidlala eSNL. I-"Floss" yinto yokuqala yokudansa eyenziweyo kwiimpapashi zombunye umntu ekufikelelekileyo kwaye yabonakala kakhulu eziko lokudansa. Icandelela iteknikhi ye-"isolations" yomdaniso wase-hip-hop: ukuhambisa ingxenye ephezulu nomzimba ongezantsi ngokuphindaphindiwe yo nangokulingana.	100-130 BPM. Iyakhutshwana—iyavela kwiimeko ezahlukeneyo, ukusuka kumatyala yobuntwana ukuya kwizixhobo zemikhosi. I-"Floss" ibonakalisa ubudlelwane bendalo ngendlela ethile engabonakaliswa yi-"Electric Slide"—ibonakala njengento eyayenzeka emva konyaka ka-2017.
I-Melbourne Shuffle.	Thenga inyawo elungile phambili ngelixa uyenza ukuba inyanga yesobhu yakho ijoyine. Yeqa inyanga elungile emva ukuze ufumane isimo esibanzi. Indlela eyisisekelo: uqike,	Melbourne, eAustralia, ngesiyezi kwi-1980. Yaba yinto eyabonakalayo emhlabeni jikelele ngekultcha yeemvakalelo ze-EDM kwiminyaka ye-2000 ukuya kwe-2010.	130-150 BPM. Umculo we-elektroniki – ngakumbi iindidi ezinkulu zokuba yi-house, techno, kunye ne-trance. I-shuffle yakhelwe umculo we-

	uqike – utshintshela phakathi kweenyawo ngendlela eqhelekileyo. Uhlobo oluthe nkethile lufaka ukujija kwezandhu njengokuba kunjalo kwindlela yokuqhaca kunye neenkqubo ezintle zonyango. I-Shuffle yinto ekwenziwe phantsi – iinyawo zihlala zisondela kakhulu kumhlathi ngendlela ejolisileyo, elushlizekayo.	Yenye yemidla embalwa eqalileyo kwi-rave scene, kungekhona kwi-hip-hop okanye kwi-pop.	elektroniki ngendlela enokuphuma ngayo iindlela ezifana ne-Running Man kunye ne-Cabbage Patch.
I-Woah.	Ngesandi esiqinileyo (ngokubanzi i-hi-hat okanye isnare), yeka yonke into kwaye uthinte umzimba kwindawo enye—emva koko ususe ngokukhawuleza ubume bendawo. "Woah" yindleko-kunyathelo, ayilona ukunyathela ngaphandle kwayo. Ixesha liyinto ebalulekileyo: ukuthintela kufanele kwenzeke ngexesha elifanayo nesandi, kugcinwe imizuzu emnye, emva koko kususwe.	Ekuqaleni kwisithuba lwe-hip-hop eCharlotte, eNorth Carolina, ngo-2019. Ukusasazwa kwayo kwaba yinto eyayikhukhume kumaxwebhu oluntu. I-"Woah" ithatha ukubhekana nomthetho wokudansa we-"locking" waseminyakeni ye-1970—ukuyeka ngokuthe ngqo esigqi kunye nonyango lwengqondo lonke—kwaye ifakelwe kwisithuba esinye esiphindaphindiweyo.	90-120 BPM. Ihip hop, i-trap. "The Woah" ifanelisekile kakhulu kwimibhangqwana enezandi ezibanzi, ezinye izandi zokutshaya (hi-hat okanye ishnare) ezikhululekileyo ezibandakanya umzuzu oqinileyo onokuphindaphinda.

8. 5 — I-Archive yaseLatini.

Iintambo zokudansa zaseLatini zikhona kuba zezona ndlela ezikule nto ekwandisiweyo kwaye ezinamandla kakhulu ekubandakanyekeni kweenkcubu zesimanga zamanye amaxesha. I-Salsa, i-cumbia, i-merengue, i-bachata, kunye nezinye izinto ezifana nalezi zithile, zonke zinxibeke kwiimpempeko zobungqingu yezomculo kunye namalokishi kumabini amanye amanenekazi. Ezi akuyona ngokuqinisekileyo iindlela ezikhethekileyo ezisetyenziswa kwiziko leedansa zaseLatini—yintambo enokusetyenzwa kwaye ifanelekile kwiindidi ezahlukeneyo xa isetyenziselwe kakuhle.

Ukutshintsha/ isitayela.	Ilizwi elibalulekileyo.	Ndingayifumana njani?	Uphondo lwe-BPM.
Merengue March.	Indlela elula kakhulu yokufunda ukudansa laseLatin kunoma ubani. Isinyithi esesi-1, usetyenzile kwindawo, isinyithi sesi-2, usetyenzile kwindawo, uphinde. Yiyo leyo. Imfihlo: yongeza ukunyuka kwephasi elisezantsi kumnyinyo ngamnye ngokutshintshela kancinane kwiipala zeminwe nganye xa isinyithi sisetyenziswa, uvumele iphasi eliya kwicala leyo minyithelo ukuba linyuke ngokwemvelo. Ukudansa kwe-merengue kukuhamba kwindawo kunye nokunyuka kwephasi elisezantsi. Kunemibandela emininzi kodwa iqala apha.	I-merengue step yindlela esondela kakhulu kuluhlobo lokuqalisa olusebenzayo kuyo yonke imibala. Kumlinganiselo we-100-120 BPM, ifanelekile kumaziko eklabhini amaninzi angaphandle kwezilimi zaseLatini. Ukugxeka kwesithunzi esivela kwi-merengue kunokusebenzisa ngokuthe ngqo kumculo we-house—yongeza i-merengue step kumthamo we-house kwaye irhitimu iya kuba ilungile.	100-130 BPM. Imerengwe, i-bachata, kwaye nezinye izinto ze-house. Kulula kubo bonke abantu kwiintsuku ezintathu ngemiyalelo elula.
I-step yeCumbia.	I-cumbia yakhelwe kwiindlela ezifanelekileyo: kunye-ngakwesisi-kunye-ngakwesisi, enye inyawo ihamba kancinci ngaphambi kokunyuka. Inyawo	ICumbia, ekudlalelwa ngeempo eziqulathweyo (i-80-110 BPM), ifanele kakhulu kwiimeko ezininzi ze-R&B ne-hip-hop. Ukunyuka kwesinyathelo se-	75-110 BPM. Cumbia, kwayipha, i-R&B. I-cumbia yaseKolombiya neyaseMexico zinezinto ezahlukileyo kule

	elasekho liyahlala luhamba kwelasekunene, inyawo elasekho lithambeka kwaye lihambe phantsi konyakele, inyawo elasekho liyahamba kwelasekunene, inyawo elisekho lithambeke kwaye licuthe. Ukuthambeka yinto eyenza i-cumbia ibonakalayo.	cumbia kunyusa umvuzo wokubambezeleka nokukhululeka okuhambelana namandla e-trap ne-hip-hop esebenzayo.	ngxenye— ezimbini zombini zilungile kwaye zombini zinokufundiswa.
Salsa eNtlaleni.	Isinyathelo esisisiseko se-salsa sineenyathelo ezisixhenxe kwiimpawu ezisibini. Ngena ngesinyathelo kwicala elasekho (1), ngena ngesinyathelo kwicala elinenkqubo (2), buya ekuqinelweni (3), umisa (4). Buya ngesinyathelo kwicala elinenkqubo (5), ngena ngesinyathelo kwicala elasekho (6), ngena ngesinyathelo kuqinelweni (7), umisa (8). Imisele kumawundi 4 kunye ne-8 ibaluleke njengonyathelo— yeyona eyenza i-salsa ihambe kwaye ingabi. Yonke into idlala ukusuka kwindawo yentliziyo.	I-basic ye-salsa ingabonakala ukuba iqondwe ngokuthe ngqo kwiindawo ezingeyo zamakhlabhu aseMelika - isikhathi esisetyenziswa singabonakalanga kwaye sinokuchaphazela umculo oselektroniki. Yinto ekufuneka uqaphele ukuba iingcebiso ezithile zifikelela, njengoko kukho ukuhamba kwephunga kwakhulu nganye indiya kunye nokuthintelo njengenxalenye yochukumisa. Le miqondiso iyasebenza kwi-genre eninzi.	160-220 BPM (endala) – kodwa kubalwa kwi-1-2-3, ngoko ke kunakaliswa njengesi-80-110 BPM. I-Salsa yigama legama loluhlobo lomculo.

8.6 — I-Spin

Ngenkathi yayo, kuba ifanele ibe negxwele eliyodwa.

Ukujija yindlela ekufunekayo kakhulu kuyo yonke indawo yokudansa, kwi-BPM (beats per minute) nayiphi na, kunye nanoma iyiphi uhlobo lomculo. Yonkileyo inkcubeko yedansi inento efana nayo. Wonke umlingo wezinto onokwenza into ethile efanayo nayo. Kwaye yindlela esisiseko kakhulu yokubonakala kwemveliso yakho yangaphakathi yenjabulo kumdanisi oodini.

I-spin eyisiseko.	**Ndingayenza ukuba ibukeke ilungile ngokulandela imithetho elandelayo:** * **Ukusebenzisa iziluleko ezifanelekileyo:** Nceda uqiniseke ukuba nawo onke amabali, amanomboro, imibala, kunye neefonti ezifanele. * **Ukusetyenziswa kwemfanelo:** Yenza i-layout ibe ngumgca oqondeneleyo kwaye unamandla. * **Ukusebenzisa izinto eziphathekayo:** Sebenzisa imithombo yezixhobo ezifanelekileyo, njengemifanekiso kunye neevidiyo. * **Ukusetyenziswa kwesikhokelo esipheleleyo:** Yenza ukuba yonke into ibonakale ilungile kwaye ingabonakalisi nayiphi na inkathalo. **Ndingakunceda ngokuqala ngokukhethwa kwezinto ezifanelekileyo kunye nokwenza i-layout.**	**Iintshwana.**
Mima ngesinyithi esesiwe. Vumela isinyithi esilapha ukuba sithathe inxaxheba kancinci ukuze kwenzi	Indawo: Fumana iphondo elilodwa phambi kwakho kwaye ugcine amehlo akho kulo ixesha elide	I-spin yomile: amabali angu-180. Iyenzeka kalula kakhulu. Usebenzise ukubheka umgca omtsha

ukujikeleza. Gcina isinyithi esikhohlakele njengento eyenza ukujikelezwa. Amandla azimezele ngaphakathi emzimbeni (azimezele ebhantini okanye eziswini) ukuze wandise ivelokhini yokujikeleza—umgaqo wezinto ezijikelezayo: xa umthamo udlula kufuphi kwesikhungo sokujikelezwa, ukujikelezwa kufuna. Khupha amandla ngexesha elithile ukuba ukujikelezwa luthambekele ukuze uphume ngokucwangcisiwe kwi-beat elandelayo.	kangangoko ngexesha lokujikeleza, uphele amanzi akho kumzuzu wokugqibela ukuze ufumane le ndawo. Oku kuthiwa "ukufumana indawo" kwiintsomi ezifaneleyo kwaye kunceda ukuthintelo kwenguquko ngexesha lokujikeleza okuninzi. Ukujikeleza okunefundo olungcono lufika ngokucoca. Ukujikelezwa okungalungisiweya kuphuma ngokuwobala. Ukufika: Ukujikeleza kufuneka ufike—qiniseka ukuba uza apho ofuna ukuya khona, uye apha, ubambe. Ukujikelezwa okuya kuncithakalo kancinci kubukeka njengokulahlekelwa kukulawulo. Ukujikelezwa okufika ngokucoca kubukeka njengesinqumo.	ngexesha lokuguquko lomculo. I-spin epheleleyo: amabali angama-360. Yindlela esiqhelekileyo. Yenza kwi-beat ecacileyo—ngokuqala kwe-beat yentshwana—kwaye ulungele ku-beat yesi-1 yentshwana elandelayo. I-spin kabini: zimbili izikhathi eziphele leyo. Izandla kufuneka zibambe rhoqo ukuze oku kwenzeke ngesantya elifanelekileyo kwiintsomi. Ungazami ukuyenza ngaphandle kokuba uqiniseke nge-spin eyodwa. I-spin encediswe ngumlinganiswa: umntu omdala uthathe isandla somnye, umdlali usebenzisa ilegama ukuze afumane amandla okuyeka. Kusetyenziswa kuyo yonke into kwi-swing, i-salsa, intshingo, kunye nokudansa kweklabhini.

Nini na kuyikhululeka: Ngexesha lokuguquko lwesigqi somculo, xa umculo uthetha into emzimbeni wakho ufuna ukuyiphinda. Ngexesha lesi "breakdown" xa igumbi limile kwaye kunendawo efanelekileyo. Xa uhamba kwifundo yodansa kwaye umculo ufunyana ukuba uyikhululeke. Ukukhululeka kungatholakala nakuphi na—ngokwenene ngumgca omkhulu wendalo womdanso.

8.7 — I-Voguing kunye neBallroom: Igadi elifanele ukuba la.

UVoguing, umkhankaso waseHarlem kwiinyanga ezili-1960 ukuya kwanamhlanje— yasasazwa emhlabeni jikelele yi-Paris Is Burning (1990) kwaye yaqhubeka kumphakathi omkhulu weballroom.

IVoguing ifanele ukuba ngumgca okanye ingxenye yale nkqubo kuba yindlela epheleleyo yokudansa ephumelelayo kwaye ibonisa ubuntu, eyayiqala kwiminyaka ye-20, iyanikezelwe kubantu abamnyama kunye nabantu baseLatino abathi bayaqonda, kwaye yenxibelelene nento enokuba yintlobo yesintu esifana nomculo

waseMadonna wango-1990 kunye nayo yonke into ekudanseni kwindlela eyayikhona kumatyala omhlaba wonke.

Imilo	Ikhwalithi ebalulekileyo.	Yifundisa nantoni na umntu oqonda le nto.
Indlela endala.	Imigqa ehlanganisiweyo, amapose ahlalelwa kwaye emva koko athathelwe esinye. Ukunyuka olwandisa iipose zefashoni ezivela kumagazini eVogue — igama liyinyaniso. Ukuqiniselo okukhulu kwimigqa kunye namajelo.	Indlela oyiphosayo yinketho. Bgqibile ngokuqiniseko. Ukuzibopheza kwindlelo—hhayi ubuhle bendlelo ngokwazo—ngokubalulekileyo.
Indlela entsha.	Iintsizi zokunyibilika, ukuhamba ngendlela eyomilekayo, amanqaku aphantsi angenza umntu azivele engaguquki. Ukuphelela kwetekhnoloji ekwenzeni imisebenzi enzima ngokomzimba.	Umzimba unamandla ngaphezu kokuba ucabanga. Umthetho ka-New Way kwiintsomi ezisemthethweni uvulele isizukulwana esithile ilwimi lobungcwangu elingazange libe likhona nganye yindlela.
Vogue Femme	Ubunzima, ukukhanya, ubuhle obuqinisekileyo njengoko kubonakala kumzimba wonke. Izinto ezintlanu: I-Catwalk (indlela yokudlula), i-Duckwalk, Umsebenzi wamanzi, Ukusebenzisa umhlathi, Intambo neDipho. Yonke into ibalwa ngokwahlukileyo kwiqonga leballet.	IDiphi -- ukwehla phantsi kwiiphondo ngendlela ekulawulekayo neyodrama -- yinkqubo ebalekisayo ye-vogue femme. Yeyimidlalo, iyentliziyo, kwaye ifanele ukuzibophelela kuzo. Idiphi enokungqinelwa ayiyona idiphi. Idiphi ekubophelelayo ngumdlalo.

I-RECOVERY KERNEL – UMHLALI WOKUQALISA.

FINAL PUBLICATION ADDITIONS

8. 8—8.11

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · I-Bonfire · Impempe

Ezi zindlela zokudansa ezibanjelwe ngumdlalo wombhoxo.

Ayilona kumavidiyo omculo. Ayilona kwiistudio zokudansa. Kufumana kumiphakathi eyadingeka ngolwimi oluqinileyo lomculo ongenakuphunyiswayo phambili.

Isigaba 8.8 — I-Archive yeSubkhalojwe yeelektroniki.

I-CENTURION — Wonke uhlobo lwenkcubeko utshintshe kwaye wandulela ukuguquka kwakhe. Umculo ufunekile impendulo yomzimba engeyayiyo ngoku. Ezi zinto yimiphumelo.

Njengokuba zezinto ezenziwa kwiSections 8.2 ukuya kwe-8.4—ezivela kumculo we-hip-hop, pop, ne-R&B kwaye zathunyelwa ngeemidiya ezinkulu—izinto ezenziwa kule section yenzelwe ngamaxesha amaninzi ahlalayo awayakha iimveliso zomculo othengiweyo. Azibonakalanga kwiividiyo zomculo. Zandiswa phakathi kwabantu, kumaza, nakwimiyezo eyahlukeneyo. Ezinye zithatha ama-ntlongwana ukuba zigunyazwe ngonoma yiphi igama. Ezinye zisafundiswa ngokubonisiwa kunokufundiswa ngemiyalelo.

Ukutsheka iimvama.

Ukutshintsha iifomthi: Iimveliso zomsindo wase-UK – i-garage, i-house, i-UK funky, kunye nomusho we-elektroniki – ukususela kwi-1990 kuya kwanamhlanje.

Ukutsheka kwezinto akuyona into enye. Yinkqubo-mlawulo ekhuthazwa kwiimveliso zomculo zama-elektroniki zase-UK. "Iintsheko" zeziphatshi zemibonakaluko ezifana nezigcwele ezisenza umzimba apho—amakhono, imigqa, kunye nezikhundla

eziqhelekileyo ezenzelwa ngamalungu omzimba kwaye emva koko ziguqulelwaneni. Ukutsheka kwazo yindlela yokwenza lezo zinguqulelo ngokukhawuleza nangakhulu kwi-beat.

Inkcubungubo lokusika iindlebe yinto eyobukakade—yaphuma kwiindawo abantu babhunga khona ngokuqinile kwaye bahlonipha ukuchanekanya nomculo ngaphezu kwazo zonke ezinye izinto. Umntu osika iindlebe uyawaphosa umzuzu othethweyo womculo, akazange aphinde ipatheni efanayo.

Element	Ndingayenza ntoni?	Ndingayifumana njani?
Iphefumlo.	Ukubekwa kwemvuzo yomzimba okwenziwe ngendlela ethile kwaye kubambelelwe kuzo imizuzwana embalini okanye ezimbini phambi kokuba utshintshele kumgca oluqukako lulandelayo. Intambo ibekwe ngokuqinisekiswa. Umzimba uqhube ngendlela ethile. Amagxothe athunyelwe endaweni ethile. Le ndawo ifakelo imbonakaliso yobume—ayilona ubeke olungahlukileyo, kodwa lubeke olunziwe.	Bheka umzimba wakho esiphethini ngelixa ulalela umculo. Fumanisa iiphosisi ezifanele umculo. Bamba le phosizo imvuzu enye, emva koko utshintshe kulenye. Iiphosisi ezilungileyo yilezo onazo ujonge kuyo waza uthi: "Ewe, oku kungumxholo womculo ngoku."
I-Cut.	Ukuguquka phakathi kwezinto ezibonakalayo. Ukutshintsha kuyakhulu—kufana nomculo, kwaye akukho kokuba phakathi kwemizuzu. Ukuza kusenza ngumfanekiso A, emva koko, kumizuzu yoku-1 yesigaba esilandelayo, usenza ngumfanekiso B. Akukho ukuguquka okuyahluka. Ukutshintsha kufana nomyalezo womculo owawusenza.	Qala ukuziqhelanisa nokunyuka ngaphandle kokucinyana ngeendlela. Mima kwiiphosisiwo nakweyiphi na. Ngomzila oqinileyo: tshintsha wonke umgca wemibindi yakho ngaxeshana. Imlomo iyathuthwa ukusuka ezantsi ukuya phezulu. Isisindo siyathuthwa ukusuka ekunene ukuya kwelenga. Intliziyo iyatshintsha. Yonke into ngexesha elifanayo, kumzila. Oku kukunyuka. Faka iindlela xa kunyuka kungumxube wendalo.
Ukuzimisela kumculo.	Ukutshiza amaphethelo akuyona inkqubo yochwepheshe. Umntu ofanayo uya kutshiza amaphethelo ahlukeneyo kwiingoma ezifanayo ngeentsuku ezahlukene kuba amaphethelo aphendula oko umculo owenzayo ngoku—umgca, ukwakhiwa, isandi esithile se-	Yilalela iintetho ezimiselwa ngomculo ezifuna impendulo. Ukukhanya kwesandi esiphezulu kufuneka kuthathwe njengento efuna ukunyuka. Ukwehla kombindi olunzulu kufuneka kuthathwe njengento efuna ukuba mncinci kwaye ibambe. Ukwakhiwa kufuneka kubangele ukuqokelelwa kwamandla

	synth kwi-beat yesithathu yale phrase, inothi lebhasi elifike ngendlela engalindelekanga.	emzimbeni. Yenza imifanekiso yakho ngale miyezo, hayi ngokwexesha.

Ububanzi be-BPM: 118–135 BPM — i-UK garage, i-UK house, i-UK funky, kancinci ye-grime. Ububanzi bezikhathu zemisindo apho imithetho yezinto ezibonakalayo eyayilwa ngayo ibalulekile kakhulu ukuba ifunyanwe, kodwa ayishumi ngokukhawuleza kangangokuba yonke into ibonakale ngokucacileyo.

Iphethe: Amaklabhu eLondon, iimeko ze-UK garage, umfanekiso we-Boiler Room. Ukudansa ngendlela ethile kubandakanywa kwayo kunokwahlukahluka komdla wemikhakha yomculo kunye nokuzinzileya kwindlebe kumculi wase-UK electronic. Umntu osanda ndaweni ye-UK electronic akusebenzisi ukudansa kwakhe ukuze azibonakalise kubantu abanye—uye ubuncoko nomculo kwaye abanye bayamthandaza.

I-Melbourne Shuffle: Ulwazi Olunzulu Lwezinto Ezinye.

Melbourne Shuffle.
Indawo yomculo we-rave eyimfihlo eMelbournwe, eAustralia – ubusi bemihla yangasesi-1980, ukusasazeka kwayo emhlabeni kunyuke ngokuphindaphindiweyo nge-EDM kwisithuba samabini-eziwi.

Icandelo lesi-3 lemihlela yale nkqubo yintroduction ye-"shuffle" kwi-BPM map. Le candelo linikezela ngemigubo yonke yezilimi zobugcisa. I-"shuffle" sisihlanganiso sezinto ezahlukeneyo ezinxibeke ngokuhlangenweyo, ezihlangene ngenkqubo ye-"heel-toe", ngobukakade obuqhelekile bokuxhuna umzimba kwiiphulem, kunye nokunyusa okubonisa ukuba ayifani nezinye iindlela zokudansa kwindawo yomculo we-elektroniki.

I-T-Step — Isisekelo.

Iphethini yesigaba.	Iphondo elibalulekile lobuqu technologiya.	Ndingayifumana njani?
RIGHT T-STEP: Inyawo ekunene iyathetha ukudlula kwakunene. Inyawo ekhohlakele idlulela ukuya kuyo. Inyawo ekunene iyadlula kwakunene kanjani. Inyawo ekhohlakele idlulela phambili kwi-enyawo ekunene, intsho ibhethe kwelodwa (eyenza umgca olandelelweni we-"T"). Isisindo siyathabathelana enyaweni ekhohlakele eyidlulileyo. LEFT T-STEP (njengomfanekiso): Inyawo ekhohlakele iyadlula kweyakhohlakele. Inyawo ekunene idlulela ukuya kuyo. Inyawo ekhohlakele iyadlula kweyakhohlakele kanjani. Inyawo ekunene idlulela phambili kwi-enyawo ekhohlakele, intsho ibhethe kwelodwa.	ISILAYIDI. Inyawo elandelayo ayiwa—iyadlala phantsi kwiindawo zendlu. Yonke inkqubo yokuphindaphindiweyo imvelana kuloo nto yokudlala yenyawo elandelayo. Iinyawo ezinyibililiyo nezityalaliswayo zifana nokuhamba. Iinyawo ezidlaliswayo zifana nokuphindaphindiwa. UKUJIKA KWENYAWO XANINI. Xa inyawo idlala ngaphambili, intsho iyatshintsha—olu "umgca we-'T'". Ngaphandle kokujika kwentsho, ukudlala kufana nokuba umntu uthuthukile. Ngalo kujikeko, kubonakala sengathi kunjalo ngokubekelekileyo.	Ukunyuka olula kunye nokuhamba kwiindawo ezahlukeneyo. Umzimba uhlala ngokuphindaphindi kwimo efanayo—akukho ukunyuka nakwehla. Ukutshintsha kwisisindo kuyinto ekhoyo, hhayi elikhethekileyo. Izandla zihlala zixakekile okanye zinyusa kwiindawo ezifanayo nomphefumlo oza ngokuya. Ukusukela kude: umntu uhamba kwiindawo ezahlukeneyo, kunye nendlela ebonakala ngathi iyamanzi, imilenze ifumana ukuba iphumele kancinane kwaphondo.

Le pattern iphinde-phinde, ihamba phakathi kwe "right" kunye ne-"left". Umphumela yindlela yokudlula ekuqaleni nasekunene, kwaye ukudlula okubambezeleko kuyenza umfanekiso we-"T" ekupheleni kwento nganye.		

I-X-Step — Ezingqongweni

Iphethini yesigaba.	Iphondo elibalulekile lobuqu technologiya.	Uphando lweT-Step.
Eqala ngamaxa egxobhoze: Beat 1: Inyawo yangasekhohlo idlula phezu konyangawo yasekunene (phambili) — zombini iinyawo zikhona kwindlela ye-X, enye ingaphaya. Beat 2: Inyawo ese kunene iyathuthwa ukuba iphelele ekunene — iinyawo ziyavulwa, umntu uyamila ngendlela ebanzi. Beat 3: Inyawo ese kunene idlula phezu konyangawo yasekhohlo (phambili) — kwenzelwe indlela ye-X, enye ingaphaya. Beat 4: Inyawo yangasekhohlo iyathuthwa ukuba iphelele ekunene — iinyawo ziyavulwa. Le ndlela yenkqubo yenza umfanekiso we-X ngokuphindaphindiweyo ngendlela enyangawo idlulayo.	I-CROSS kufuneka ibe yintlobo yenkqubo— inyathelo yefuti enye iya phambili kuleyona fana, hayi ngasemva kwayo. Inkqubo ecoshile ibonakala njengento engathathiwe kakuhle. Inqubo yenkqubo eyenzekileyo idala umfanekiso we-"X". Inyathelo elipheleleyo kufuneka libe luhlaziyeke— ngobubanzi beentliziyo okungenani. Ukwahlukana phakathi kwe-“X” kunye nothoyi oluluhlaza yinto eyenza ukuba ibhatshi yenkqubo ibonakalise ukuhamba.	I-X-Step kunye ne-T-Step zinokuhlanganiswa kwisikhundleni esinye. I-T-Step ibonelela ukuhamba kwiindawo ezahlukeneyo. I-X-Step ibonisa umfanekiso ongenamanyathelo. Umntu oqeqeshiwe usebenzisa lezi zinto ngokutshintsha phakathi kwazo ngokuya kuloo nto efana nomjikelo wesithuba esikhoyo kunye nemibandela yomculo.

I-Running Man (Uhlobo lweCandelo / Uhlobo oluhambelana neenyawo).

Enye neendabuko ze-"Running Man" zika-80s kwiSection 8.2. I-"shuffle Running Man" yindlela ethile yokudlala enokugqithiswa, eyenza ukuba ibonakale njengokuhamba.

Iphethini ye-Shuffle Running Man.	Yintoni eyenza ukuba yahlukile kwiintlwaluko ze-hip-hop?
Inyawo yomile idityana iphambili (ephezini encinane—ngaphantsi komjikelo, imilenze ephezulu) ngelixa inyanga yesobhuya idlala emuva kwiiphondo. Inyawo yomile iya ehla ngesigqi ngathi inyanga yesobhuya iphambili. Inyanga yesobhuya iya ehla ngesigqi ngathi inyawo yomile iphambili. Izenzo zesigqi-kukhala zenza ukuba kuhlale: isigqi sihamba kuqala, emva koko uyithwale kumilenze njengoko ubunzima buguquleka, ngelixa enye inyanga eyenziwa yiphondo.	I-Running Man yohlobo lwe-hip-hop iyathuthuza ingxenye yangasese kwaye ithambeka. I-shuffle Running Man igcina ukunyuka kwakhomanisi phantsi kwaye ilula—ukutshabalalisa kuyinyango elibanzi, inyawo lihlala luseduzana nomhlathi, ukufika kunye neenyawo zombini (heel-toe) kubanga ukudlaza endleleni okungumgca, hhayi ukuthambeka. Umphumela: i-Running Man yohlobo lwe-hip-hop ibonakala ngobutyebi kwaye inamandla. I-shuffle Running Man ibonakala njengokuba umzimba uyatyhuliswa ngamanzi—ukunyuka phambili kunye nomzamo omncane obonakalayo. Umhlathi yindlela, hayi into ekhokelela ekuthinteni.

I-BPM yezindlela ezintathu zokudansa: 128–160 BPM. I-T-Step ne-X-Step zisebenza ngempumelelo kakhulu kuma-BPM angama-130–145. I-Running Man isebenza kulo lonke uluhlu, kodwa ibekwa nzima kakhulu ngaphezu kwe-155 BPM ukugcina icala—ibekwa njengokudansa okuncinane kunokuba yintambo.

DnB — Inkqulelo yeDrum and Bass, ulwazi olusisiseko.

DnB / Jungle footwork e-UK — i-jungle ephuma kumalungu omculo wase-soundsystem ngango-1992 ukuya kwangoku-1994, i-Drum and Bass yaba ngumgca ofanayo ukusukela ngo-1994 kuza.

Isigaba sesi-3 sinikezele umyalelo oluphambili kwi-DnB: tshintshela kwidrum yokuqala esebenzisa ibhitshi elisezantsi (efanayo ne-80 BPM), hhayi leyo yesithathu egqithisiweyo (ee-160–180 BPM). Oku kuyintloko. Ngalo ndaba, nalinamagama aguqulelwe ngokupheleleyo.

Move	Pattern	Imveliso / inkxaso yobunye bubungane.	Xenokuphi
I-Jungle Skank.	Thenga umva kwiinyawo ezimbini zomile. Inyawo yesobhu ngokuphosa	Kwiimveliso yezandi zaseCaribbean, i-"skank" ngumkhuba wochukumisa kwi-	Xesha elikhulu liyakhona kwaye i-breakbeat ikuyo indlela

	phambili nangasemva (ukudubula elingaphambili ekunene), imilenze ifakwe kancinane. Buyisa inyawo yesobhu embindini. Thenga umva kwiinyawo ezimbini zomile. Inyawo yezipuma iphosa phambili nangasemva (ekunene). Buyisa. Ukutheka kubalulekile—umzimba ophezulu uthethela emva njengenye yeenyawo iphoswa phambili, kwenziwe ukulingana. Oku akuyona into encinci.	reggae nase-dancehall owathabathelwa yi-jungle xa ihlanganiswe nemikhuba yezenzi zeenkonzo zomsindo neebhit. Xa i-jungle yayigcina le "skank", yayigcinayo inkumbulo yomzimba yemveliso yayo kwiimfundiso zabantu abathuthukile baseCaribbean eLondon.	ekujikelezayo kunokuba ibe ngumgca oqinileyo. I-"skank" iphefumla—iyenzelwe imizuzu phakathi, njengoko yenzelwe nezinto ezibalulekileyo.
I-DnB Step.	Njengoko kuchazwe kwiSahluko 3: uye kwinketho yokuqala yesigqi esipheleleyo. Thenga inyawo yangakho ngasekukhohlo phambili-ngasekukhohlo kwingxolo yesigqi esipheleleyo (kumthwalo omabini womlingo okhawulelweyo). Thenga inyawo yakho engasemzini phambili-engasemzini kwinketho elandelayo yesigqi esipheleleyo. Umzimba uyahamba kancinane phambili nganye inketho, emva koko ubuyela embindini. Faka umgca wokudumba kumnye wonke uqeqesho — inyawo ifike, ayithinti.	Le ngxenye idibanisa ukuzoliswa okomeleleyo komculo waseGabber kunye nokukhanya kwempumelelo ye-DnB. Indlela yokuba yindlela engathi ibekwe phakathi kwayo le: i-DnB yimculo oqheke ngokusetyenziswa kwezinto ezifana ne-tempo, kodwa ukuba kunokuziva okungcono kangakanani xa uyidlala ngokukhawuleza.	Kuyo yonke into, intshukumo ye-DnB yintshukumo esekelwe kwayo kubantu abathileyo abafumene irhitimu yesikhathe esincinci.
I-DnB Headnod.	Ayilona ukubamba intliziyo ngokuqhubekayo	Umbono olwandileyo ngendlela eyenziwa ngayo imisicili ye-DnB	Ngexesha lezinto ezibizwa ngokuba "bassline" kunye

	okubonakaliswe njengenkxalenye yomthetho kwiCandelo 5. Ukubamba intliziyo kwe-DnB sisenzo esenzelweyo, esikhulu, esiya phambili nangaphantsi kwesikhu sakumaxesha aphindaphindiweyo, esibambekile imizuzu embalwa ephantsi, emva koko sibuyela. Kukunyuka kancinane. Kunobunzima. Kulandela iingcinga ezisezantsi, hhayi umculo oqala ngokushesha. Xhasa ne-step ye-DnB, ukubamba intliziyo kwenza wonke umzimba ophezulu ube nomvuzo womgca omalunga nesikhu sakumaxesha aphindaphindiweyo.	—umhlalaphansi omkhulu (sub-bass) owenza ukuba uzive ubuncinci kwaye uhlwaluko lwesithupha esikhawulelweni esiphezulu. Ukuthanda kwengoma kufana nomlingo olubekwe kumhlalaphansi omkhulu.	neengxenye ezithambathambo.
I-Roll-Through.	I-bassline ye-DnB ihla kwaye idlala njengokugxothwa. Ingxenye yomzimba efana nale ndlaloyiko —eqalela ebhokisini elipheleleyo, ihamba phezulu kwencuba, kwaye iphumelela kumathe—ifanisa le ndlaloyiko ngobungakanani bomzimba. Akuyona inkqubo yomzimba epheleleyo efana neyokhukhama. Yinkqubo encinci, ekhethekileyo ye-bass ekuqaleni kwebhokisini elipheleleyo de phezulu.	Iimbadlana zeJungle neDnB zinekhwalithi ethile yokunyuka kunye nokukhanya eyahlukile kumbhadlana wesiqu esisetyenziswa kwi-techno okanye kwintshiza "four-on-the-floor" yesi-house. Ukunyuka kubumbeko yendlela emandla ngayo imilingana yomzimba kuphenyele kuloo khwalithi.	Xesha esikhulu somculo, kodwa akukho kuzo zonke izandi—xesha aphakanyiswe ngayo i-bass kwaye ihamba phambili.

Hakken kunye ne-Muzz.

Hakken kwi-scene yama-Dutch gabber/hardcore – eRotterdam, ngexesha lokuqalwa kwe-1990. I-"hakken" ithetha ukusika okanye ukuhlakatha ngesiHollandi.

Muzz UK — Uhlobo lwenkcubu oluxhasa ukuhlangana kwezakudlala zase-South Asia ne-Pakistan kunye nokuziva kwencoko, kwaye olubandakanya i-hardcore — ukusukela ngonyanga ka-2000 ukuya kwanamhlanje.

I-CENTURION - Inyawo yile sisixhobo. Yonke into enye iyinto esetyenziswa.

I-Hakken ngelinye yezona ndlela zokudansa ezifuna amandla emzimbeni kakhulu kuloo nto esikhoyo kule guide. Kumazinga obungqina be-gabber ne-hardcore (i-150–220 BPM), ukudansa i-hakken ixesha elide kufana nobuchwephesha bokuzilolonga obukhulu. Kwakhona, xa kunyusa, ngelinye yezindlela ezimangalisa kakhulu—ukunyuka ngokukhawuleza nangokuchanekileyo kwezinyawo eziguqulelwaneni ngexesha elithile kwenza ukubonakala okumangalayo okunomfanekiso womshini onxibelelene nomandla wemveliso yombhoxo owayo.

Imilo	Iphethini.	Amananiso oobugcisa.
I-Basic Hakken.	Mima imilenze ehleli kwi-intaba yomhlathi. Kumthamo ngamnye we-kick-drum: qhuba inyawo eliya kwakunene phambili nangentla, ngexesha elifanayo ucebise inyawo eziya kwakho ekwaphantsi ukuze utyale umtima. Kumthamo olandelayo: qhuba inyawo eziya kwasekho phambili, utyale umtima kunye neenyawo ezilodwa. Iinyango ziqhubeka ngendlela efanayo nemithamo ye-kick drum. Ubude beenyawo: kumgangatho weminwe yenyoka ukuya kwi-genu kwinguqulelo eyisiseko. Inyawo iqhube phambili, hayi kwicala. I-genu iyakhululeka, inyawo elingezantsi lwandisiwa, imilenze iyakhululeka, emva koko imilenze ibuyela ezantsi ngelixa utyala umtima.	Umphefumlo ophezulu: kwi-hakken eyisisekelo, uphinde uhlale—amathambo aya phantsi okanye afakwe kancinane. Ukunyuka kuyenzeka kwaye kunjalo ngaphantsi kweentonga. Ufuna ukubona umgca ophantsi kweminye imiba yomzimba. Iingxaki zokukhawuleza: i-hakken eyisisekelo kumphindi we-160 yi-cardio. Kumphindi we-180, yinkqubo yokuzilolonga. Kumphindi we-200, ifuna ulungiselelo oluqinile lomzimba. Ungazami ukwenza i-hakken esheshayo ixesha elide ngaphandle kokulungiswa.
I-Hakken ephantsi (ukudoba okunzulu).	Ibhokwe liyakhulakala de lifikele kumphakathi womkhakha	Umzimba ungaqhekelela kancinci ngelixa ukick uya

	okanye ngaphezulu. Ukutsutsela kuyandisa ingxenye engasemazantsi yomlenze ukuze inyawo liye phambili kwaye lifike kumphakathi wemifuno okanye ngaphezulu. Ukubuyela kwakhululekile—inyawa kufuneka ibuyele ngokushesha kwaye ilande ukutshintsha ubunzima bokutsutselo olulandelayo. Oku kufuna amandla eziyantshi zomkhakha kunye nokudlala kwamathambo aphantsi ngokukhawuleza.	phambili—ngokusekelwe kwisikhathi esifanayo ne-"jungle skank" kodwa kunokusetyenzeka okukhulu. Ukuba umzimba awuqhekelelanga, iikicks eziphezulu kakhulu zibambe umzimba wonke phambili kwaye ubhalansini lubangcono. Izandla: ezinye izitayile ze-hakken zisenza ukuba izandla zithuthuke phambili ngasemva yegqabu (njengokugxobha). Enye indlela, izandla zigcinwa zikhululekile. Zombini lezi ndlela ziyasebenza.
IMuuzi - uhlobo lwe-UK.	I-muzz music (uhlobo lwencoko oluvela eNyakatho ye-Asia kwaye luyinxenye yencoko yama-hardcore e-UK) idala indawo apho isitayela sokudansa se-hakken, esibandakanya ukugxobisa amagxa ngendlela ejikelezayo, sibonakala khona, kodwa ngezentwaso ezahlukene nakwimiba eyahlukeneyo. I-Bhangra: ezinye zokudansa kwe-muzz zifaka umgca omileyo ongasetyenziswa kumalungu ohlangwini, nto leyo engabonakali kwi-hakken esele. Oku kuya kunceda ukuba kukho intambo encinci yomzimba ephuma ekubandiseni kwezandla ezifana nezinye zokudansa ze-bhahngra, kodwa ngexesha elikhulu lokugxobisa amagxa.	I-dancefloor yeMuzz inkonzo yento eyayinkcubunguleyo yenkcubu—umculo uqulethe izinto ezivela kumculo wase-South Asia (izithunzi ze-tabla, imiboniso yezandi, izikhathi zolwazi ezivela kwiimvelaphi zomculo weBollywood okanye iPunjabi) ehlanganiswe nesithunzi esinzulu somculo ohlobo lwe-hardcore. Ukudansa okuvela kuloo hlanganiso akuyona into eyayinkcubu ye-hakken kuphela, kwaye ayiyena umculo we-bhangra kuphela. Yinto yesithathu, ekhethekileyo kwiiNtsholongwana ezi ziqikelelweyo kwiimeko ezifana nale.

Ukulungiselela ezinye izinto zemibindi ngaphambi kwe-hakken: Ukuba ufuna ukuqhubeka ne-hakken ngesantya esiphezulu, olu luluhlu lwezinto onokuwenza ukunciphisa ingozi yomilekayo:
*** Ukuphakama kwebhokisi phambi komdlalo (ukutshatshalala okuphantsi kunye nokunyuka kwesibindi kuyasebenzisa kakhulu iibhokisi zebhodi),**
*** Ukufudumeza kwezinyanga kunye ne-quads (inqina elithile liyaphantsi komdla we-plyometric nganye into),**
*** Kulawulwa kwamaxabiso omhlavu (i-hakken iyayityala ngokukhawuleza i-potassium kunye ne-magnesium ngekhanda eliphezulu).**
Iprotocol yamaxabiso omhlavu ye-Addendum ye-Recovery Kernel isebenzisa ngqo.

I-vocabulary yeMovement yeeDubstep.

I-dubstep, ukudansa. I-dubstep yaseBrithani eyenziwe eSouth London phakathi konyaka ka-2001 ukuya kwika-2006, yasasazeka emhlabeni kunye ne-"brostep" yangoSkrillex phakathi konyaka ka-2010 ukuya kwika-2014.

I-dubstep yenza inkqubo yayo yokusebenzisa amagama ngezinto kuba yayenza umculo ongenanto enye esenokuyiphumeza ngendlela efanelekileyo. I-"wobble bass", i-"half-time groove", ukwehla kwebhethi elikhulu emva kwencinane, izinto ezifana ne-"glitchy digital artifacts" – zonke ezi zinto zazidinga imithombo emitsha yomzimba.

Move	**Nceda uyilandelele le miqondiso:** *** Qala ngokuvula ifayile.** *** Cofa kwi "Run".** *** Landela imiyalelo ekubonisiweyo kwiscreen.** *** Ukuba kukho naziphi na iingxaki, nceda uqhagamshelane nomgxeki.**	**Yintoni esiphendulayo kwiimvakalelo kumculo.**	**Ubulungiswa xa kulungile.**
I-Drop Lock.	Ngexesha lokulungiselela (xesha elimiselweyo ngaphambi kokuba umculo uqalise ukukhanya): yenza ukubambezeleka kwemihlaba — imilenze iyakhuliswa phezulu, umzimba uyaluka phambili, iimaski ziqinile. Ngexesha elifanayo lokuba umculo uqalise ukukhanya: wonke amabala omzimbeni afikelela kwi-freeze ngaxeshana. Emva koko: khululeka uye kwiphuzu nayiphi na into eyayifunwa	Ukuduma kwesipuni. Ubuphofu phambi koko. Ixesha elithile lokukhululeka kwamandla. I-"drop lock" yindlela umzimba aphumayo ngayo kwi-"full stop" yangaphambi kokukhululeka.	Njengomfanekiso owathathelwe kwixesha lokukhulu komsebenzi— umzimba ubungqina endleleni eyayiza kwiqela. Emva koko, uqala ukuqhuma.

	yimvelo yokuqala.		
I-Wobble.	I-wobble bass (umhlolo oyingxenye ebalulekileyo yokwenziwa kwe-dubstep) iqala ukuzinzisa ngendlela efanayo — iyakhanya ngendlela enokufrekwenshi ethile. Yenza ukuba amathe, umzimba okanye wonke umntu ujoyine ngokungafani nomjikelezo we-wobble. Oku akusebenzanga kumjikelezo—kusebenzisa ufrekwenshi we-wobble, ekwiindawo ezininzi ifreqwenshi leli lukhulu kunomjikelezo kwaye liyakhululeka kulo.	I-LFO (i-Oscillator omlawulo) eyenza ukuguqulela okubizwa ngokuba yi-"wobble bass". I-"wobble" yisandi esenziwe ngokusetyenziswa kwento ekuguqulekayo engakhulu ngekhonkco elithile. Umzimba unokuguquka ngokhonkco ofanayo.	Umzimba ubonakala uyakhanya—ukuqhuba okukhawulelwe kodala umzimba okanye amabhokwana, okuqhuba okukhawulelweyo oluhambelana nomjikelo wokuqhamba. Ukusuka kude: umntu oqinileyo ngomculo nge-frequency ephantsi yomjikelo obonakalayo.
I-Glitch.	Naxa umculo unokusenokuba ngumgca ongcolileyo—ukutshushumbisa, ukubuyela kwakhona, okanye ingxaki—umzimba utshushumbisa nayo. Ngexesha lokunyuka: mima. Buyela kwakhona. Mima endaweni efanayo. Nyuka kwakhona. Umzimba uyenza le ngxaki yedijithali. Oku kufuna ukuziphatha ngokukhawuleza—ingxaki kufuneka icwangciswe (ngokwazi umdlalo) okanye yenziwe ngexesha elikhulu xa iyaziva.	Ubuchule bomculo we-dubstep—izinto ezibandakanywa ngokuqikelela kwiimveliso zomculo zombane, ezenziwe ukuba yinxenye yobuhle. Ukutshushumbisa, ukuphindaphinda, nokuvinjiwa—ngamanye amaxesha umculo wenza izinto ezibonakala njengamatyholo. Umzimba uyazikhangela.	Ukuthe xesha luhlala njengoko kunjalo. Ukubuyela kwenzelwe ukuba kungabonakaliswa. Ukubuya kokuqala kwemvakalelo kubonakala ngokushesha. Idansa yezinto ezimangelayo yinxenye ebandakanyekileyo kunazo zonke yevolibhuli ye-dubstep kuba ifuna ulawulo olupheleleyo lomzimba ngexesha elikhulu lokungathathi kakhulu.
I-Krump Element.	I-bassline enamandla ye-Dubstep yenza ukuba i-krump—uhlobo olunamandla, olugxile	Ubukhulu bomdla obuqinileweyo kwiimveliso ezithile ze-dubstep—i-sub-	Amandla amnandi, amane, aphindwele. Umzimba

	esifubeni, kwaye olusetyenziswa ngamathambo—ngingena kumaxesha omculo we-elektroniki. I-"chest pops" (ukwandisa okukhawulelwe wesifuba xa kusentaba), ukutshabalalala kwamathambo (okunzulu kunye nokunamandla), ukuqhambuka okuhambelana nesandi esikhunjeni. Ingxenye ye-krump kwi-dubstep dance yintlekele uhlaka olunamandla lokunyanga lwe-hip-hop kumaxesha omculo we-elektroniki.	bass ephantshe ibanga lobomi, i-kick eyenziwe ngobulimbo, kunye nezinqamulelo zombhoxo. Olu hlelo lwendlu yomculo lubukhulu obuqinileyo. Impendulo ye-krump ifanelekile kakhulu.	awuhambi—ufakwe kwiindawo ezibambayo. Wonke umgca uyathintela.

I-Clog kunye ne-Irish Step: Umculo wamaxesha waseTshanini ongenziwa ukuba ukhululeke.

Clog Dance: Imizi-makhaya yaseNtabeni yeNgilani - ukusukela kumabini e-17 kuya kwixesha eliphambili; Irish Step Dance: E-Ireland, ukusukela kumbini we-17 kuya kwixesha eliphambili.

I-CENTURION - Umculo waseTshayina omdala kakhulu, osetyenziswa ngoku kwindlela yochukumisa ezintlelweni zamanje. Akazange ashiye. Uveze kuphela ukuba ugqibile.

Iidansa leecilogi kunye nedansa yaseIreland ayizinto ezibalekisayo zendalo. I-DNA yazo ikhona kwiindlela zokudansa zesikhenkxe esikhawulezayo zonke ezi kulolu hlelo. Ukunyuka kwesinyithi kunye nokutsalwa komkhono kwi-Melbourne Shuffle luhambelana ngokuthe ngqo nokunyuka kunye nokutsalwa komkhono kudansa leecilogi. Iintambo ezikhawulezile zefu ze-Hakken zifundiswe kwindlela yokuphimisela kweefu esheshayo yedansa yaseIreland—amandla egxeni, ukukhawuleza kwiifu, umzimba ophezulu onqamukelayo ovumela amaxesha angaphezulu eegxeni.

Zombini zimbili nazipho zonke kunokuba nefilosofi yomculo we-elektroniki malunga nokuthungwa: zithungwe. Umzimba womdancsi sisixhobo esenza umsindo ngokutshiswa phezu kwendlu. Oku akuyona into eyisicatshiselweni kwi-clog dancing yedijithali—amakhubhu omdancsi aneesole yobukhuni ngokuqinisekileyo zizixhobo ezithungwayo. Indlu iyidrumu. Umzimba uyidlala.

Inkqubo.	Umgaqo oluphambili wobuqiniseko lwendalo.	Yintoni esinika umdanisi wanamhlanje we-elektroniki?
Ukudansa kwe-clog yaseMpuma yeNtabeni.	I-clog ine sole yomthi echaphaza phantsi kwayo ngokuqinileyo. Ngenxa yoko, idansi ngokuyisithembiso—nganye indlela kukuchaphazela. Irhitimu yedansi kunye negama ledansi. I-"double shuffle" (ukushushumbisa kwezinyawo ezimbini, ukusuka kwiheela kumtshina ngokuphindaphindiweyo), i-"stamp" (ukulibala kwesisindo sonke), i-"beat" (ukuchaphazela ngeenyawo ngelixa umtshina uhlala ephezulu): ezi zinto yilevolibhuli.	Ukulawula ukufuna: amandla okungena ngomkhono kwaye uphumele ngokuthethe, okanye ungene ngeminwe kwaye ulawule ukufika komkhono, yeyona nkqubo efanayo enza ukuba i-Melbourne Shuffle ibe necala elithambileyo. Iintlwalazo zokusebenzisa amaclogi zifundise oku kangangeminyaka eminkulu. Le nkoliso ifikelezeka ngqo.
Ukuchasana kwaso-phethelo	Umzimba oqinile wase ngentla kunye nomzimba ongezantsi	Ubuchule bokwahlukana kwezicuba zomzimba: yikakhulu

laseIreland.	onezinto ezikhukhumeleyo yintlobingeleko ebonakalayo yomgca womzimba. Izandla zithambekele kwicala—zingahambi rhoqo. Yonke into ehamba iphuma kwi-hip ize ibe ngasemazantsi. Iinyawo zenza iipateni ezikhawulezayo, ezinqunyaniso, zemigubo, ukudlaza, kunye nokunyuka ngelixa umzimba uphoqo kwaye ukhangele phezulu. Umzimba ubukeka ungalungile phezu kwentambo yegazi ngathi uyathula ngoxa iinyawo zenza into engabonakali ezantsi.	lokugcina ingxenye ephezulu nomzimba ophezulu zenze izinto ezahlukeneyo ngaxeshanye. Olu buchule bunokufanayo nezinye iindlela, ezo zifana no: * hakken (amaphondo asebenza, umzimba ophezulu ulawulwa) * ukwenziwa kwezinto ezahlukeneyo (amathambo namaphondo enza imiphando eyahlukileyo) * i-"dubstep glitch" (umzimba ophezulu uphoswe ngelixa umzimba ophezulu uqhubeka) Inkqubo yezitebu zase-Irish iyinkululeko ekufundiseni le nto.
Ukuguqulela kumculo we-elektroniki.	Kwiimeko yemicimbi ye-psytrance kunye ne-hard techno: thata iinyawo zalapho nabantu abenza imifanekiso yeenyawo esheshayo — baya kusebenzisa ukudansa kweenyawo okwakhutshwa kwisicathulo. Umzimba abakhetha ukuphuma ngaye kumcimbi we-rave ka-2024 unoxhobo oluxhasa iinkqubo zendlu ezidala zamamitha angama-300, enokuba bangazi.	Ukubona: xa ubukela ukudoba kweminwe okukhawulelweyo kwi-dancefloor ye-elektroniki, oku kufana nomthamo wendalo we-clog dancing. Ukuba ubone umzimba ophezulu onzima kunye nemilenze enamandla e-hakken, oku kukwisiphelo se-Irish step. Ukwazi oku akuyona into ephuculayo kwiindlela ezifana nezi—kukubonisa ukubaluleka komthamo wendalo womculo wabantu onazo.

Ukusebenzisa ngokoqobo: Ukuba ufuna ukuthuthukisa i-hakken yakho okanye intambo yezinyawo, jonga amavidiyo oqeqesho lwe-clog kunye ne-Irish step, ikakhokelele kwiitekniki ze-heel-toe kunye nokulawula kwenyawo. Uqeqesho lwenyawo oluthatywe ngamaminakalonya yamaqela okudansa ukuthuthukisa amaxhobo athile angasetyenziswa ngokuthe ngqo kwiinkqubo zokudansa zomculo we-elektroniki. Oku akuyona inkxaso eyenziwa nje ngenxa yokuba yinto entsha—kukunceda ufumane ulunye unyango.

Isahluzo 8.9 — Izinto Ezimbini Eziyinkqubo Kodwa Abantu Abazithathi.

I-CENTURION – Abanye abantu yintaba emangalisa. Abanye abantu yityalo. Bombi bayilungile. Akukho mntu olungileyo.

Kulo phondo lweendawo zokudansa, ngabantu abathileyo. Abantloko bamanye amanyathelo. Akufundiswanga kwiibhukumisa. Kodwa ngamagama angempilo, njengokuqala kwesinyithi kunye ne-Electric Slide—imikhuba yomzimba efanayo kuzo zonke iindawo, kumaminyaka, nakwizwekazi ezahlukeneyo, enokuba ngamaxhoba amanyeneyo emizilawuli yabantu ngexesha lomculo.

Bavikakho ngokubonakala kakhulu xa umdanisi uphantsi—kwi-speaker, kwiplatifomu, kwibhokisi lodansa, okanye kwi-podium. Phantsi kwezinto ezibonakalayo zabantu, abantwana baphuma ngesiqingatha sendlela. Akuyona ngokukhethwa—ngokuzimisela. Umculo kunye nendawo ephakanyiswe ndawonye zibonisa into malunga nokuba umzimba ufuna ukuba njani kwihlabathi.

I-Bonfire.

KWIFLOORA – Abanye abantu baphuma kakhulu xa umculo ufiqileyo. Bayandikhululeka. Bandandula. Banxiba umlilo.

Umntu omdansa kwi-“Bonfire” kukhona ngumgca okhethekileyo nothethwayo womzimba. Umzimba uphindaphinda phezulu naphakathi. Izandla ziyathuthwa. Iminwe yezandla iyanda kwaye isatshalaliswe. Ukunyuka kunemigubhu yokunyukako—umgca onyukayo, ukufuna ukuphakamisa ngaphezu kwento ekwi-box. Umzimba uzama ukuba mkhulu kunoko uyilo.

Izinto ebonakalayo.	Ukuhamba, ukudlula, ukuqala, ukuyeka, ukunyuka, ukwehla, ukugxila, ukwandisa, ukunciphisa, ukutshintsha.	Umsebenzi wendawo ephezulu.
Ukunyuka kuzo zonke iindlela zokuhamba. Izandile ziyahleba phezulu kunokuba zibe ngakubo bomzimba. I-sternum iyanyuka—ingqongqo ivulwa eya kwiqela labantu. Intliziyo iyenyuka. Isisindo siyathambeka phambili kumalungu angaphandle	THE REACH: Enye okanye zombini iintsapho zithambekele phezulu ngokupheleleyo, iminwe iyakhululelwa njengokuba ifakela into eyothunyelwa ngentambo. Intsapho ayidingi ukuba yomile – kukho intetho encinci ekuqaleni kwesandla esiya	Umntu ophantsi kwayo ubheka phezulu. Umdibanisi womtyalo ongaphantsi uyakhangelela. Amandla omtshini ongaphantsi kufakwa kwikhaya phambi kwamanye amatyala. Abantu abasemzini oncedileyo bathabathelwa ngamandla kumntu ophethe

awo amagxeni njengokuba umzimba uzimile ukwenza okuthile. Ukwandisa: indawo yomzimba esetyenziswa ikhulu kakhulu. Izandile zikhululekile, imilenze iyaphakanyiswe ngendlela ebanzi kunokuba ibopheleke phantsi, ububanzi bomzimba bonke busetyenzisiwe.	kumlenze ukuya kwiiminwe, njengoko intsapho ibaleka njengomlilo omi kwiingcebhe. THE SPARK: Ukunyuka okukhawulezayo kwezandla ukusuka kwindawo ephakathi – iimvume zinyuke kwaye zikhululelwe rhoqo, njengokuba zeziphumo ezivela kumlilo. Ukunyuka okunomdla kunye nokunyuka okukhawulezayo kwezandla ngelixa ezinye izingxenye zomzimba zilawulwa ngokungakhethileyo. THE SWAY: Umzimba wonke uyatshabalala ukuba uqhamuke kwicala elikhohlo kunye nalelinokuya. imilenze—hayi ubuntlola. Uhlobo lwesithunzi esiphelele, njengomlilo ohamba ngelwandle. Ububanzi besithunzi sikhulakala ngokunyusa kakhulu kwempumelelo yomculo.	umtyalo. Oku kwenza ukuba kube nomthamo: uyakhangele isiganeko. Nanto na oyithumela kwiibhokisi — ukungabi naxabiso, ukudlala, intlonipho yenkcubeko, ukuxhumana — iya kuyatsiba kumntu oncedileyo. Umtshini womlilo okhangele umlilo wenkcubeko—hayi ukudlala umlilo— uyakhangela igumbi. Umtshini womlilo odlala ukuba unomlilo uyenza abantu abasemzini bangaboni nto.

Iingxenye ezimbini zokudansa: Icandelo elisezantsi: Uyilo olunamandla kakhulu oluyatholakala kumdanisi weBonfire: iintsizi zombini ziphezisiwe kububanzi obuphezulu ngexesha lokwakhiwa, emva koko zwehla ngokwehla—ukuhamba kwangaphantsi okulawulwayo okufikelela xa isandi esikhulu liza. Abantu abathetha kwiindawo ezisezantsi bathi oku njengokuba umdlalo uqala. Yintetho eqinileyo yabo bonke.

Iimeko: Iimeko zomdansi kaBonfire zibalulekile. Amakhoba abheke phantsi kumantla, axelele abantu ngabanye, kwaye athande ngokwenene— oku kwenza ukuba kutshintshane amandla. Amakhoba avaliweyo emthweni womdansa egxeni elipublic yithuba elilaliselayo. Uphantsi kwegxeni. Yimi olifakele egxeni.

Imithi.

KWIFLOORA — Abanye abantu bangaqala ukuhlala endaweni enye xa umculo uyadlalwa. Bahlala phantsi. Buxhaxha ngentambo. Yonke into iyatshintsha ukusuka kwindawo engahambi.

I-“Plant dancer” yintlobo yokudansa elihambelana ne-"Bonfire." Apho i-"Bonfire" ifike phezulu, i-"Plant" iya ezantsi—isisindo sihla, ukuxhumana nomhlathi kubalulekile, imithi iyakhula. Emva koko, kule mithi, umzimba opheleleyo uyaziwa ngokukhululeka. Iimbovane zithambeka ngelixa isiqhebe lihleli.

Izinto ebonakalayo.	**Ukuhamba, ukudlula, ukuqala, ukuyeka, ukunyuka, ukwehla, ukuzamela, ukubambelela, ukukhululeka, ukugxila.**	**Iphi apho**
Iphethelele phantsi: amagxeba aluhlaza, ubunzima buphantsi, iinyanga zine ukubaleka okuncinci kunye nokuthandekayo. Umzimba uxhumene nomhlathi endaweni yokukhuphuka kulo. Kukho umvuzo wobunzima—umdanisi wePlant ubonakala njengomntu ophilile apho afana khona, kwaye akukho moya onokuwususa kwindawo ayimi kuyo. Khululekile ngaphezulu: ukususa kumgubo phezuku, umzimba ulukhuni. Lo moya ofanayo ongakwenzela ukuba amagxeba ahambe ubuncinane bungenza yonke into ephezu kwentambo. Iintsizi zikhululekile kwaye zitshintsha isiqondo ngamathambo ahlambulukileyo. Intliziyo ibaleka kwaye ilandele. Inkampu iyatshabalala.	THE SWAY: amathendi kunye nomzimba zithambekele kwindlela efanayo enxibelelene nomoya ocinga. Akuyinto yokuthethelela kancinci—ukuqala okukhulu ekuhlaleni ngendlela engabonakaliyo. Ukuthambeka kuya de kusetyenzwe into ethile, emva koko iya kwelinye ithuba. THE WAVE: ukunyuka okunxibelelene kulungiswa phantsi komzimba kwaye uphume kwelinye ilizwi. Ukuqala okukhulu kunye nomzimba wonke ophezulu. Akuyona into yokuthethelela (eyakuba kukho ukunyuka ngamathambo nganye) kodwa yinto yokunyakaza—umthamo omnye oqhutywa kwiindawo ezifikekayo. THE UNFURL: ukususka kumathendi athambekeleyo okanye agcinwe emzimbeni, ukuphandle okuphantsi—njengokuba Isasetyenziswa yentaba eyikhululekileyo. Intlawulo iphambana, intliziyo ilandela, intshingo ilandela intliziyo.	Imiyalelo ye-Psytrance, apho umculo unento yakhe eyenziweyo, enobunzima obuqhutywayo. Umculo ophantsi kakhulu kunye nomelektroniki onobomi. Iiseti zokugqibela ilanga kumatyala angaphandle. Ixesha ngalinye kwimiyalelo, umculo uyancuma uye wafutha, ube unento encinci, enomfanekiso. I-The Plant iphantsi kwiimeko ezifana nezo zokunyamekela emva kweemiyalelo enkulu—ngokuphindaphindiweyo, xa umculo uyancuma, i-Bonfire ingaba yi-Plant kwixa elithile, emva koko ibuyele. Imodeli ayilingananga.

Intyatyelo eliphefumuleyo vs. intyatyelo kwi-mpempe: Ubungakanani bendawo ecingelweyo bunomthelela kubungakanani bemvuzo. Umoya omncinci uvelisa ukuhamba okuncinci, okunembile, kunokuhlala njalo.

Umoya omkhulu uvelisa utshintsho olukhulu kwaye olumangaliso. Isitofu sivumela ukuphazamiseka okulawulwayo—iimbovane zihlala endaweni yabo ngathi intyatyelo iyathengwa. Fumanisa umoya ocingelweyo nomthamo womculo. Intyatyelo ayikhethi ukuhamba ngokukhawulelwe—iphendula imvuzo yomculo.

Iimeko: Iimeko zombhali zokudansa zivamisele ukuba zivaliwe kancinci, okanye zinomfanekiso ongalungileyo — zibheka nto na ethile, kodwa zamukela yonke into. Oku kuluhlobo olwahlukeneyo kwimeko yobhali yeBonfire, echaze kakuhle. Zombini zilungile ngokweentlobo zazo.

I-Protocol yeDance eBokisini.

I-CENTURION — Uyamkele ukunyuselwa. Ngoku yamkela umthamo.

Xesha ongena kwibhokisi lokudansa, isithende, iplatifomu, okanye ipodiyamu kwiindawo ezahlukeneyo:

1. YAZINI UKWAKHO NGOBUNTU PHENDELE EKUPHUMELELE. Ngubani na we? I-Bonfire ifuna amandla abantu kwaye ibanikeza eyayo. I-Plant ifuna indawo yokuba ngaphakathi kwaye kufuneka ihlonishwe, kungekhona ukudlala. Ukwazi ukuba ngubani na kuwufundisa ukuba ujonge (i-Bonfire) okanye uvule amehlo (i-Plant).
2. BHEKA UMHLABA PHAMBI KOKUGCWALISA INDAWO. Yintini indawo apho amandla abantu abonakalayo? Beka uqhakake kuyo ukuba ungumBonfire (amandla akho anceda amandla abo, kwaye amandla abo anceda amandla akho). Beka uqhakake kwicala ukuba ungumPlant (ufuna indawo ekude namandla abantu ukuze wenze into oyifunayo).
3. ZIBANDAKANYE UKUZIBHALA UKUSUKA KWEXESHA ONDLALELA. Umdanisi webhokisi onenguquko ngaphandle kokuzibandakanya uburhuqulwe kumdanisi ongabambekiyo. Ukuba uyazama, ukhetha ukubonakala. Bonakalalisa ngokukhawuleza.
4. YENZA UKWENGEZA. Umdanisi oselele kwiibhokisi imizuzu emine ngokuphindaphindiweyo akuseyinkqubo—usengumfaniso. Amandla okunyuka afumana ukusasazo kwindlela entsha kunye nomthetho, kodwa zombini ezinamaxesha abo. Hamba phantsi ngaphambi kokuba igumbi liyeke ukubonakala linokunyuka.
5. Umntu omnye ophethela umboxi kwaye odansa phambi kwamaqela uyindlela enye yokuphumla. Abantu ababini abaphakathi kumboxi, abadansa ndawonye— uBonfire noPlant, okanye iBonfires ezimbini, okanye iPlants ezimbini—bakhulisa umfanekiso owomileyo obona amaqela alibhekile njengokunxibelelana kungeyakudlala. Memeze omnye umntu.

Incwadi Yebali Efe: Isicatshulwa Sokushicilelo.

I-CENTURION — Yonke into eyikhoyo kwi-layibrari sele ikhona ngoku kwilelayibrari.

I-Recovery Kernel Move Guide ngoku iquka, kwiindawo zayo kunye naloo nto esongezelelweyo ekupheleni kwesi phando:

- Isigaba 0: Ukufundiswa ngendawo—umzila ophezulu, i-CO_2 kunye nokukhunethwa, ubume obufanelekileyo, amaphethelo okuphumla, imiqhama.
- Icandelo 1–3: Isisekelo (ukudluliselwa kwisisindo, iindlela ezintathu ezisetyenziswa rhoqo), iindlela ezithatwe (tango, cha-cha, stomp), umfanekiso we-BPM kwiindawo ezisixhenxe zamaxesha.
- Icandelo 4–7: Ingxaki yocingo, into kokuba kunjani okungalungileyo, uhlelo lwezihlunu kunye nokutshiswa kweekhalori, ingozi yokuncintwana kwaye ukubuyisana.
- Section 8: Iilweto Zelwandle Zokudlala - iilweto zokwenziweyo, umyalelo weeminyaka yee-1980, umyalelo weeminyaka yee-1990, umyalelo wanamhlanje, umyalelo waseLatini, I-Spin, i-Vogueing kunye neBallroom, Amanyathelo eNdawo Yezinto Elektroniki (ukutshiza imifanekiso, i-Melbourne Shuffle ene-T-Step/X-Step/Running Man, ilizwi le-DnB, i-Hakken kunye neMuzz), i-Clog kunye ne-Irish Step.
- Isigaba 8.9: Iintlobo ezimbini ezingabizwa—I-Bonfire ne-The Plant—kunye nenkhunyaniso yomdanisi webhokisi.
- Isahluzo 9: Ukutshintsha kweendabuko kunye nokusindiswa kwizukulwana.

Yonkako yonke kuyo le ngcebhelo kwenziwe ngumntu owayesele egumbini kunomculo, othile ondinga indlela yokuba kuloo mzuzu. Le ngcebhelo iphela apho idansini liqala: kumzuzu owomileyo xa amaphatheni eeyisinyathelo abalulekanga kakhulu kunokuba yintsingiselo eyayibenzile.

Yazi amanyathelo. Emva koko, uyakhumbula. Yenza into umculo ufuna ukuba wenze.

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I-GUIDE YOKUQALWAKO KWENDAWO YOKUVUSWA - EZIPHETHEKILEYO.

Icandelo 0 · Iincandelo 1–7 · Icandelo 8 (8.1–8.9) · Icandelo 9

I-Recovery Kernel | Uchumane lweNdawo yokuDlala (Dancefloor Intelligence Series).

Iphethe ukuba iphila xa umntu enyusa ukuhamba kwayo.

SECTION 9

UKUDANISA, UKUTSHINTSHISO, NOKUZINGISELEKA KWEZIZI.

Isayensi yokuba intambo yodansa iphele. Indlela enye yokuyiphucula.

Dance Entropy: Iiphondo zeCandelo eliya, kwaye ezikhoyo.

I-CENTURION - Ukutshintsha kwaye ukulahleka kwamandla akuyona into ekwenzayo, kodwa yinto eqala xa amandla ephuma kwisixhobo ngokushesha kunokuba angene.

Kwi-thermodynamics, i-entropy yintando yesixhobo esivaliweyo ukuba ibe ngumtshato—ukuba ifikelele kumazimo angenamhlanefu—kwaye enamandla angalungiswanga. Kwendlu yokudansa, i-entropy yintando yamaqela abantu ukuhlala. Yinto yokulahlekelwa kancinci ngabantu endlwini yokudansa. Umculi odlalayo kumantlangano amaninzi ayahlala. Abantu abahlalayo abafike behamba. Indlu ekubizwa ngokuba yiphilile nge-10 PM, kodwa eyomileyo nge-1 AM.

Imiyalelo yochukumiso kwiindawo zokuzonwabisa zabantu abadala – imicimbi eqwalatheka kumakhulukhwe abantla, imicimbi eyayiqala ngexesha elithile kwaye yaqala ukunyusa ngokuphindaphindiweyo, iintambo zokuhlonipha kunye nemiboniso yobungadi, kunye nabadlaleli abakhulu abaye bazilalela kwiminyaka engamashumi amathathu – yile ndawo ekuyo ukuba ngcono kwayo kwiindawo zokuzonwabisa kubonakala ngokucacileyo kwaye kunomthelela omkhulu. Abadlali banolwazi olukhulu lokuchukumisa kunaye nabanye abantu kwiindawo zonke. Banexabiso elikhulu lemvakalelo kumculo. Kodwa, nabo bafumana ukuba imilenze yabo iyathambeka, baneeminyaka emininzi yokuziva okungamkeleki, kwaye banenani lezizathu zokubukela kwisitulo kunokuthi bayithathele ekufeni.

9.1 — Iiphondo zeDance Entropy.

Inkqubo yentropi.	Kunjani ibonakala.	Ndingayifumana phi inkcazelo?
Ukulahleka kwesixa esikhulu: indlu yodansa ifuna ubukhulu obuqinisekileyo abantu abadansayo	Iiflozi zithathiwe yi-70% ngexesha eliphezulu. Iqela elinye lihamba kwaye lithabatha indawo. Abadansi abasasekhaya baziva ukuba babonakala ngakumbi. Amaqela amabini	Ukuhamba ngakunye kwenza ukuba uhambo olulandelayo lufaneleke ngokwakhulu. Ikhono lokuhamba yandisa ngokungathathi hlangothi emva kokuba inani elikhulu lihambe.

ukuze ihlale nekhono. Ngezixa ezincinci kunoobude obuyi-threshold, abantu abangakwazi ukuhlala badansa bazizibuza kakhulu kwaye bathande ukuhlelela.	amaninzi aya emigubheni. Iiflozi zithathiwe yi-40% ngoku. Umdlali ongomculo uyibona le nto kwi-booth yakhe. Abadansi abasasekhaya baziva ukuba umoya ushintile. Abanye baphuma.	Indlu eyayigcwele nge-11 PM ingaba yenegqi nge-11:45 PM ngenxa yale nkqubo, ngaphandle kwutshintsho kakhulu kumgangatho womculo okanye intuthuzo yabantu—ngokungabi nakho ukuguqulela kwezinto ezinye.
Umgca wobukako: Abaphonsi abahlalayo kwiindawo ezenzelwe ukudansa bazibuka kunokuba bahlale behamba. Ukubukeka kufuna ubungakanani. Ukuhamba kufuna nje intliziyo elungele.	Abantu abahlalayo bayalinganisa. Bayatyala okanye haytali. Babheka iifowuni zabo okanye haybheki. Baya kuba ngabaxhasi abomileyo kwishumi elifana nelwakhutshwelelwe ukuba babeluleke kulo. Umfundisi unokuziva kutshintsho.	Umculi uyalungisa kumhlaba—udlala kubafani abahlalayo kunokukhuthaza abantliziyana. Oku kunciphisa ngakumbi ilungelo lokudansa. Ukuguquka kuyakhula ngenxa yokuphendla komculi ngokwezinto ezijongene naye.
Umhla weminakwelo: ukufuma kwemihlathi, ubuhlungu bezihlangothi, ukuziva kokungabi nakho ukwenza into ngenxa yobomi, umbono wokuba ukudansa "kuyabantu abathintekileyo" – zonke ezi zinto ngamanyathelo engqiqweni engafaneleyo eyakheka kwaye ibanga xa isetyenziswa.	Umntu omdala endaweni uyahlala akwanga ukudansa, kodwa kuba unengxaki yokuba ukudansa kwakhe kuyamukelwa okanye kukhutshwe ngako. Unobuhlobo obuqinileyo nomculo ophantsi. Ubonakalayo kungezi bantu abafana naye ababadansiyo.	Xakala ukuba abantu abadala bahlala, baya kususwa abanye abantu abanolwazi olunzulu ngomculo, nabona ubungakanani bomlando wabo nomculi, kunye nabathi zikhululekile ngokemvelo kumcimbi. Indlu iyathambeka kubantu abancane kakhulu kwaye abaxhunyiwe kangangoko. Ukutshintsho okuphantsu akuyi ukulahlekelwa kwamandla kuphela, kodwa ukulahlekelwa kolwazi.

9.2 — Ukusindisa Kwizizukulwana.

I-CENTURION - Umntu oqala ukudansa ngaphambi kokuba uzalwe une nto onayo ongayinalo. Yiya ufunde.

Le yisigaba esikhulu kunazo zonke ezinye kule ncwadana ngexesha elithile, kwaye yonke into enokuba sisisebenzise, nayiphi na indlela, nayiphi na imvakalelo

efumekayo kwitango nakwi-cha-cha—ayinalutho olubalulekile njengoko le nto ibalulekile xa umgca uyaphela kwaye umntu omdala uhlala ngasemva.

I-SEQUENCE YOKUSUSA KWEZIZINTO EZIHLANGANISWA NGAMATHYENI.

1. Fumana umntu omdala ophethe kwiingcinga—umntu obukeka ukuba uyazi eli bhinca ngobungqina, kodwa engakayenzi isigqibo sokuba angena na kuloo bhinca namhlanje.

2. Bheka kwakhona. Bhala—ngokwenyani. Yelela isandla okanye yenza umyaleko omncinci othi "voza nani". Akuyonyango. Yinto yenkangeleko.

3. Ukuba bayijoyina, qala ngokoqobo ukulandela indlela abayenza ngayo. Akuyona indlela yakho. Yabo. Bukele oko abenzako kwaye uyenze nayo. Abakuxelela into. Ungumfundisi wabo.

Kulungile, ndiza kuyenza njalo.

5. Hlala nabo. Ungenzi nto yokuhamba. Ukuhlala—umntu okhetha ukudansa naye, kunokuba udanse nabanye abantu—yindlela etsala umntu kwiindawo zokuphumla.

6. Qaphela umphopholo. Usogwenywa.

9.3 — I-Mirror Match

Ukulinganisela umntu ngendlela afana nayo yindlela ethile. Xa ungena kwindlela yomntu kwaye uyibuyisele kumntu, into eninzi eyenzeka ngokwezinto ezisemzimbeni:

- Baziva ukuba baphilile—hayona njengomntu obuka idansini, kodwa njengonxulumo walo. Akuyena ubuwukubabukela imizikro; uyenza nawo. Oku kwahlulelwe ngokuthi ngumgca omde.
- Baziva ukuba bafaneleke—ukuba ukhetha ukubaxelela into ethile kunokubonisa okuthile obunzulu kuthethatywa: indlela oyenza ngayo inzulu kwaye ifanelekile. Indlela oyenza ngayo inzulu inento yixabiso.
- Benza ngokuqinileyo—abantu badansa ngobubele xa ukunyuka kwabo kubuyiselwa. Inkqubo yezifo zengqondo efanayo esebenzisa ukubambisana kokunyakaza kufanelekile apha. Uzenza ubumbeko lobuphindo phakathi kwezinto ezimbini.
- Bayakuqonda ukuba bakunceda kwiindlela ongenazinto ezifana nayo—umdanisi omdala kwindawo enomculo, owalandela umculo wabo iminyaka engamashumi amathathu, uyazi into. Banemigubo eyenziwe kumaminyaka angaphambili kwaye iindlela ekuphawulweni kwe-8 kule ngcebano ayenzelwanga. Bayibandakanyeke. Funda into enzulu.

9.4 — Yintoni Abazi Bakho Ongenamvakalelo?

I-CENTURION — Ubuhlalo beminyaka engamashumi athathu kwi-dancefloor ngumfundiso ophawulekayo ongathathelwa phantsi kukhokelo luyena.

Umntu owayeza kwiimicimbi efana nale ukusukela kwakhona umculo.

- Bebengathi ngalo mxube womculo, kwaye babeyifumana okokuqala ngexesha elithile. Babenayo inkangeleko yendlela le nto ibonakala ngayo phambi kokuba ibe yinto eyaziwayo. Le ntlekeleyo isasuku kwimilinga yabo.
- Iindlela ezazifaneleyo ngoko—ngaphambi kokuba ezi ndlela zibe yinto eyayithengiswa, ngaphambi kokuba zikhunjuzwe kwiividiyo zomculo, ngaphambi kokuba zikhunjuzwe kulolu bhali. Indlela esemthethweni yokwenza le nkqubo phambi kokuba ibe yinto enamagama afaneleyo, into efundiswayo.
- Uludidi lwendalo yomntu yegumbi—ngubani owadansa nabani, kwenzekani kumhlaba ngexesha leli bhinca elenziweyo, kuthekani kuluntu alitholakalayo. Oku akuyona into yokukhumbula ephantsi. Yilendalo ebukhoma.
- Ulwazi oluchwepheshile malunga nokuzinzisa—umdanisi omdala onamandla, owomilele iminyaka engamashumi amane, uyazi into eninzi ngendlela yokulungiselela umzimba, ngokupumeka, nangokunjalo ukuba upho kwiiphulethi usentwasahlobo ngaphandle kokudakwa. Omdani oneminyaka engamashumi amabini nanye, oza kwifestivali yokuqala, akazi oku. Bukela indlela abalungiselela ngayo umzimba wabo. Bukela indlela abandulela ngayo imisebenzi. Yiyo leyo inkqubo yokufundisa.

9. 5 — Umphumela Olandelayo.

Ukuzisindisa phakathi kweentambo zezikhathi kungaxoki ukuba ngumsebenzi womntu omnye. Xa umntu omncinci uyenza umntu omdala afune ukudansa naye, kwaye badansile ngokunyaniseka nangokuhlonipha, into eninzi iya kwenzeka ngaxeshana:

- Abantu abadala abathathe iintsomi babonakaliswa ngabanye. Abanye abantla ababezingqongileyo baya kuba phantsi. Inani labantu elikhulu liya kuqaleka ukubuyela kwakhona.
- Igalakuba umoya kwi-floor ukhuliswa ngokubonakalayo. I-DJ iyabona oku. Abadlali bayaziwa oku. Igumbi elilala lufumana isixhobo esithi i-floor ifuna ukuhlala.
- Abanye abantu egumbini baphendula ngobungakanani bomxholo wenguqulelo — kukho into ethile ekubukeni kokudansa kwentliziyo phakathi kweentlango ezahlukeneyo, kwaye oku kunethusa. Oku kuthetha ukuba umculo uqhagamshelana ngexesha, ubudala, kunye namava. Yinto efanele abantu bonke egumbini.
- Ulwazi luyathunyelwa. Umdanisi omuncane ufunda into ethile. Umdanisi omdalaufundisa ngaphandle kokuba ucelwe ukuba afundise. Bombi ababini baphila ubomi obungcono.

Yintoni intliziyo yodansa omancane?	Yintoni esinikezwa ngumdanisi omdala?

Amandla omzimba kunye nomvuzo wokuzithuthisa. Isikhumbuzo – umyalelo othi: ufunyanwa apha namhlanje. Ibhokisi – ukubonakala okuthi: intliziyo yakho inento yixabiso. Ukudibanisana – ulwazi olucacile lokuba udanswe kungekhona ukubekwa kwinto. Inkumbulo yokuba umculo ufunyanwa ngabo bonke abathanda.	I groove yokuqala – ukunyuka okwenzeka phambi kokuba kufundiswe. Umlando – isimo esenza umculo ube ngumxube omile. Ubuhlakaniphi – iminyaka engamashumi amathathu yokwazi indlela yokudansa. Imvume – xa babuyela kudansa, abanye bayilandela. Ifundo – enokufundiswa yilonke, kunye naloo ndiyifunyanayo.

9.6 — Ukuvuselela Indlu: Iprotocolo Epheleleyo Yokusindisa Entlekeleko.

Xesha ekufunyanwa kuyo ukuba igumbi liyathambeka—abantu baphuma, amandla ahleli, umfundisi uyalungisa ngokuya kwizilumkazi ezihlala—enzi izinto ezi zilandelayo ngokulandelelana:

1. Ungaxeki ukulinda umntu omnye aqale. Umntu ophilileyo olinde iingxaki ziqalise ngaphandle kokwenza nto, uyinxenye yentlekele. Umntu osebenzayo yinkethiso-mpikiselo.
2. FUMANA UMNTU OMDALA osezantsi. Yenza i-Intergenerational Rescue Sequence ukusuka kwisahluko 9.2. Esi sisinyathelo sokuqala njalo.
3. QALISA UMZINDO WOKUQOKA. Ukusuka kwiSahluko 0: abantu abathathu bayindlebe yokuqoka. Hlaluthela, thatha labasitheni, ubaxhobise naye. Indlebe yokuqoka idlula kuzo zonke iikhefu zelizwe kwaye inikeza ukubandakanyeka okunobunzulu obuncinci.
4. I-TRAINI. Emva kwezixhobo zokudansa, yenza ukuba ibe ngutraini: amathe kanokusetyenziswa kumalaphu, uphinde udibanise ukugxothwa. Ukuxhumana kwemveliso kule traini kuyikhusela iqondo leqela ngaphandle kokufuna amathalente okudansa ngabanye.
5. PHENDA IFLOBO. Xa abantu abambalwa bedansa, fumana umntu onobungoma obuhle kwaye ubamamele ngokucwangqisileyo. Abanye abantwini baya kuyibuka le nto oyenzayo. Enye iingxenye zabo ziya kuqalisa ukubamela. Ubungoma busasazeka ngokuphindaphindiweko.
6. HLALA. Ukusindiswa kwayo nayiphi na into kufuna ukuzibophelela ngokungqongqo. Hlala phantsi. Dlala ngobubele ngexesha lokuguquka. Indlu ekufikelelwa kuyo umthamo omkhulu isenza njalo kuba kukho olunye uluntu olwenze ukuba luhlale kuyo.

Ilayibrari kunye neNkqubo yokuPhila.

I-CENTURION — Yonkako yonke into ekwiindleleni kule gidi yayenziwe ngumntu owayezwa okufana nalokho onakho ngoku—umculo ofuna impendulo.

I-Electric Slide ayayitwaliswa kwi-studio. Yaphuma kumphakathi wabantu abadinga indlela yokuba ngcono ngomculo kwaye baqhubeka nokwenza amanyathelo afanayo de la manyathelo athi anamagama. I-"Running Man" yayiyinto enobuntu yomntu eyenziwa ukuba ibuyele kwakhona. I-"Roger Rabbit" yayiyintlonelo yomntu efakwe kwaye inamanje. ICabbage Patch. IBhambatha. IMoonwalk. Yonke into ekuyo leli rhasi yayenzelwa ngumntu egumbini nomculo, emzimbeni wakhe wenza into eyendulo, kwaye abantu ababezimile babona oko kwaye bayayenza nabo.

Umntu omdala obekuyo yonke indawo yendawo waye wafana nakuba ezi zinto zenkqubo zifunyenwe. Waye wakhona xa umculo wawutsha. Uphakamisa le ngxaki yokuqala emzimbeni wakhe—hayi njengenkumbulo, kodwa njengolwazi lwemveliso. Umdlalo wokulinganisela awuyi nto yokunceda. Yinkqubo yemfundo.

I-“dance entropy” yinto eyenzeka xa abantwana basebenza ngabantu abadala abathi akukho nto enokuyinika indlu yokudansa. I-"intergenerational rescue" yinto eyenzeka xa umntu uqonda ukuba igolide eliphilayo lendlu yokudansa ngabantu ababele kuyo ixesha elide.

Yibuyise. Funda okwaziwa ngabo. Zenzele ukuba baziveze bephakama kwikhaya abazala babo abayixhoba.

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Icandelo 8 ne-9 le-The Recovery Kernel Move Guide.
Funda: Isahluko 0 (Umlayezelo wendawo) · Iisahluko 1-7 (Isisekelo kunye neBhantshi le-BPM) · Imithetho yeTemple.

Iphethe ngokuhlala kwi-intliziyo xa umntu enyusa ukungena.

Idansini yile ndlela endala yokwakha.

I-CENTURION – Umzimba owazi ukuhamba uneenzeliso elinye ngakumbi lokungathathi kwayo izinto ezinomthelela.

I-framework ye-C-28 ye-Recovery Kernel ibiza i-dopamine, i-endorphin, kunye ne-anandamide eziveliswa yindlela yemvelo. Ukudansa ixesha elide ngobunzima olufanelekileyo kubanga zonke ezi zinto ezintathu—ukukhululwa kwe-endorphin kwiinhliziyo, i-dopamine yokubuyisela umvuzo, kunye ne-anandamide yimisebenzi emeleleyo. Yeyona profile eyomileyo enayo lezinto ezinceda ukuba zifane. Umzimba owazi indlela yokufumana oku ngokuphimiselo unoxhobo olwahlukileyo kulezo zinto ezikhoyo kwindawo.

Le ngcebiso ayikhulumi ukuba iintsholongwane zenza abantu baphule kabi. Ezinye zezinto ezimnandi kakhulu zokudansa kwihlabathi ziyenzeka kwiimeko zemichiza ekhoyo xa kunokusetyenziswa ngokufanelekile kwe-MDMA endaweni yokudansa eyenzelwe yoo. Le ngcebiso ikhuluma ukuba ubuchule bokudansa, ngaphandle kwale meko, itshintsha indlela yonke imizuzu ibonakala kuyo—ukuvulwa, ukuqala, umgca ophezulu, ukwehla, nokukhumbeka kwemini elandelayo.

Ukudansa okuzinzile ezinyathelo ezimbini kunomdla ngakumbi kuneendlela zokudansa ezinengxolo. Ukumisa kwentango ngexesha elifanelekileyo kumculo kuyelinye lamava amakhulu aphantsi angenandaba atholakalayo kwiklabhu. Ukutsalaliselwa okuphelele okuhlangana ne-kick drum nge-150 BPM yindlela emzimba kunye nomculo abahlala ngathi kunjalo kancinci. Ezi zinto azisikhokelo esifunekayo kumava obuchulebemfono. Yile nto echaze ukuba umva obuchulebemfono uzama ukufumana.

Yazi i-BPM. Yazi ukuba umzimba wakho uyenza nanto ngayo. Zibophele kule nto. Beka ifoni yakho. Umculo ufundisa. Umzimba ohamba yinkqubo yokufunda.

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